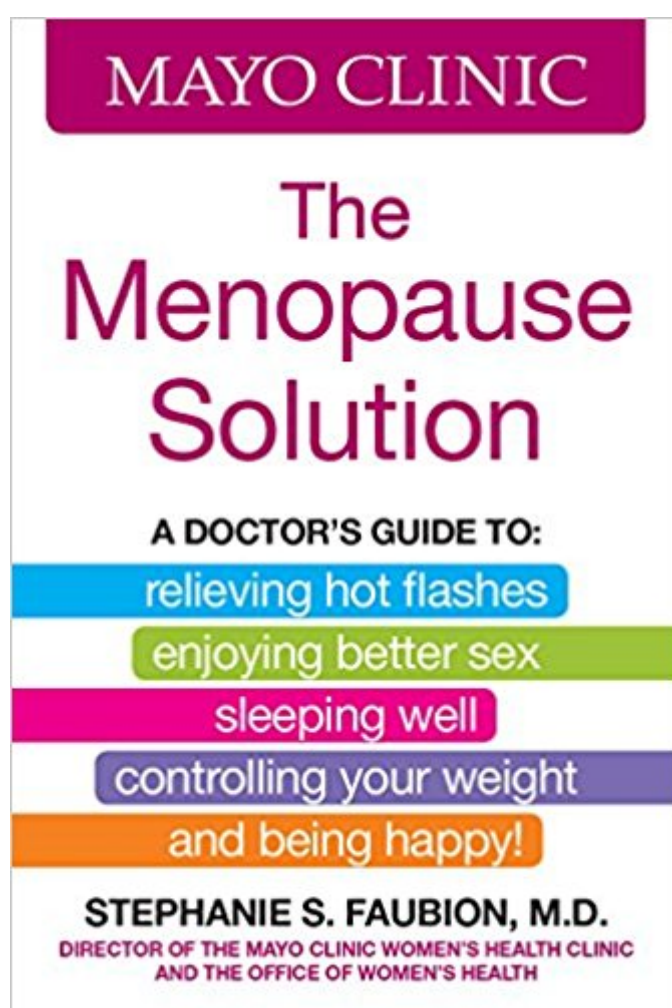


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# Mayo Clinic The Menopause Solution: A Doctor's Guide To Relieving Hot Flashes, Enjoying Better Sex, Sleeping Well, Controlling Your Weight, And Being Happy!



## Synopsis

Confront menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source. Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options. Unlike other books, Mayo Clinic The Menopause Solution is comprehensive, easy to navigate, and authoritative. Features include: A complete look at what happens to your body before, during, and after menopause. Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy. Sidebars, lists, and summaries to make finding information a cinch. Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health. Professional, accessible, and essential for any woman entering menopause, Mayo Clinic The Menopause Solution offers everything you need to take charge of your own health and get the best care from your doctor.

## Book Information

Hardcover: 336 pages

Publisher: Oxmoor House (April 26, 2016)

Language: English

ISBN-10: 0848746759

ISBN-13: 978-0848746759

Product Dimensions: 6.2 x 0.9 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (6 customer reviews)

Best Sellers Rank: #96,306 in Books (See Top 100 in Books) #26 in Â Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #323 in Â Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

After I was told I needed to undergo surgical menopause, I got this book and I'm so glad I did. Knowing what to expect takes much of the fear/discomfort away and helped me prepare. In addition, the advice in the book inspired me to make some healthier choices that I'm already benefitting from. I'm now three weeks post surgery and thanks to a little bit of luck and this book, things are going

well. I find myself rereading passages frequently. The author took an uncomfortable topic and made it easy to understand. I've recommended this book to friends and hope they find it as helpful as I have.

Very informative book for women going through the many stages of Menopause.

It is very interesting and easy to understand. A great book!

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