

The
Boomer
Menopause
Manual

Natural Choices

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The Boomer Menopause Manual Natural Choices

Carol Schulen



The Boomer Menopause Manual Natural Choices:

The Boomer Menopause Manual Jim McEnany, 2001-02-01 The Healthy Boomer Peggy Edwards, Miroslava Lhotsky, Judy Turner, 2012-11-13 In North America some eighty eight million boomers are facing the physical and personal challenges of midlife But midlife can also be a time of tremendous vitality confidence and joy In this comprehensive guide three experts in midlife health draw on interviews the latest research and their own expertise to help men women and couples on the journey from midlife turbulence to midlife mastery The Healthy Boomer provides easy to use decision making tools accurate information and practical advice on such topics as The male and female menopause how to make a decision about hormone replacement therapy alternative health care preventing heart disease cancer and osteoporosis prostate health and impotence healthy relationships and great sex in midlife anti aging techniques weight control exercise and healthy eating the importance of spiritual well being handling midlife stress what to do if you can t remember names any more For the many North American boomers who are experiencing midlife challenges The Healthy Boomer is required and reassuring reading

Basic Health Publications User's Guide to Natural Hormone Replacement Kathleen Barnes, 2005-09 With the health risks associated with conventional hormone replacement therapy women are searching for safe and effective ways to reduce hot flashes prevent osteoporosis and reduce the risk of heart disease during menopause In this User s Guide health writer Kathleen Barnes describes a variety of natural and safe options for navigating the biological changes that come with mid life She suggests vitamins herbs and other supplements that scientific studies have found helpful in easing a natural transition and for lowering the long term risk of age related diseases Baby Boomers' Guide to Healthy Eating Barbara L.

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Total Breast Health Robin Keuneke,1999 Highlights the role nutrition plays in fighting breast cancer

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Menopause Naturally Kathleen Fry,2000 **American Book Publishing Record** ,2004 [Women at the Change](#) Madonna Compton,1998 For the more than 40 million women who are entering menopause this step by step guide provides valuable information about the physical changes resulting from hormonal fluctuations along with useful tools to ease the transition

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No, It's Not Hot in Here Dick Roth,1999 The first book that speaks to men about what their wives are going through during menopause **INSTRAW News** ,1996

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Quill & Quire ,2000

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