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Menopause: Your Management Your Way ... Now And For The Rest Of Your Life



Synopsis

Yours is not your mother's menopause! She did whatever her doctor told her to do or nothing at all. You're a new breed of woman and you're not willing to settle for that. This is the book for you. You want all the information and all the options, along with guidance in tailoring them to your personal needs and preferences. And you shall have it. Whether you prefer conventional or alternative and complementary medicine, this book empowers you to manage your menopause your way. It presents the complete range of options, including diet and lifestyle, vitamins and minerals, herbs and botanicals, acupuncture, and hypnosis, as well as hormonal and non-hormonal medications, for managing your menopause. You're unique. You know yourself better than anyone else does. You've got what it takes to make your own choices.

Book Information

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Customer Reviews

Dr. Taylor takes a very complex subject, HORMONES, and makes it easy to understand, plus options for what to do about it. I have been reading all over the place to learn more about hormones and what is happening to me. I have also been to three different doctors. This book was the best purchase I could have ever made! Very clear, well laid out information. Answered ALL of my questions. Thank you so much Dr. Taylor for your efforts here! This book will help so many women! I am recommending it to everyone I know. Easy to read.

This author really is extremely thorough. You have every bit of information given to you to make a

good decision on how to best handle menopause and how to discuss it with your doctor. Dr. Barbie is brilliant! And an excellent teacher!

I really enjoyed reading through this book. There is a lot of information out there and here it is in a concise place. I had surgical menopause at age 40 and while recovering from surgery, my mother read the book. She wishes she had such information 20 years earlier! The part about self breast exam is particularly important and I wish more OBGyns would recommend this method.

Excellent book with follow-along video tutorials online. Look for Menopause Taylor on YouTube. Very clear, thoughtful, educational insights. I highly recommend this book.

A FANTASTIC book

everything I didn't know I mean really thought I new but I was completely wrong dr. taylor is amazing I am doing the videos with the book on you tube

I couldn't put the book down, she is so informative and the large print was a huge plus too! Thank you Dr. Taylor!

So much useful information and easy to read!

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(The Secret of Now Book 1) Boat Navigation for the Rest of Us: Finding Your Way by Eye and Electronics Estrogen: The Natural Way: Over 250 Easy and Delicious Recipes for Menopause What Should I Do with the Rest of My Life?: True Stories of Finding Success, Passion, and New Meaning in the Second Half of Life Outstanding Health: The 6 Essential Keys To Maximize Your Energy and Well Being - How To Stay Young, Healthy and Sexy For the Rest of Your Life The No Meat Athlete Cookbook: Whole Food, Plant-Based Recipes to Fuel Your Workouts – and the Rest of Your Life Menopause Matters: Your Guide to a Long and Healthy Life (A Johns Hopkins Press Health Book) Age Defying Fitness: Making the Most of Your Body for the Rest of Your Life The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life AARP The Other Talk: A Guide to Talking with Your Adult Children about the Rest of Your Life Ketogenic Diet: Beginner's Guide: Become an Expert on Low Carb & High Fat Ketogenic Diet!: Sustainable and effortless weight loss and mental health for the rest of your life! + 7-Day Meal Plan I Can Make You Sleep: Overcome Insomnia Forever and Get the Best Rest of Your Life! Book and CD

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