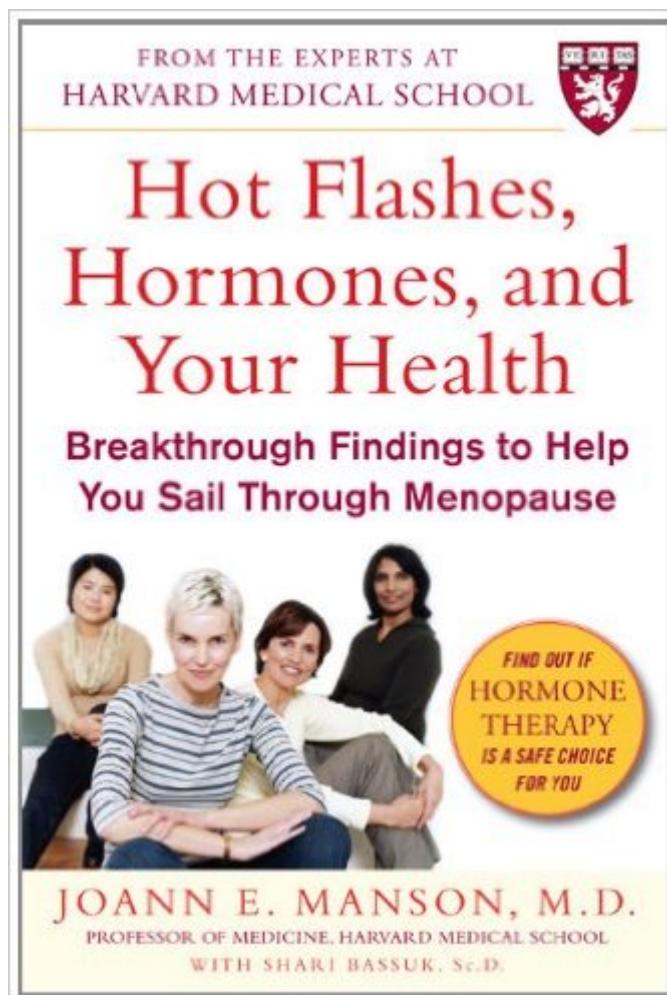


The book was found

# Hot Flashes, Hormones & Your Health: Breakthrough Findings To Help You Sail Through Menopause



## Synopsis

Take control of menopause with the latest information on hormone therapy As someone going through menopause, you may be all too familiar with its uncomfortable symptoms and you are desperate for relief. Now, one of the world's top experts on women's health gives you solid, research-based advice to help you sail through menopause without the suffering. In *Hot Flashes, Hormones, and Your Health*, Dr. JoAnn Manson provides the answers you need: The latest scientific evidence on the benefits and risks of hormone therapy Expert guidance in determining whether or not hormone therapy is the right choice for you The truth about bioidentical hormones Healthful and effective options for women who cannot--or prefer not to--use hormone therapy

âœRecommended . . . one of the best books about menopause.â•--North American Menopause Society

## Book Information

Paperback: 256 pages

Publisher: McGraw-Hill; 1 edition (September 19, 2008)

Language: English

ISBN-10: 0071602402

ISBN-13: 978-0071602402

Product Dimensions: 5.5 x 0.8 x 8.6 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 3.5 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,537,545 in Books (See Top 100 in Books) #106 in Books > Health, Fitness & Dieting > Women's Health > Menopause #3742 in Books > Health, Fitness & Dieting > Women's Health > General #23227 in Books > Health, Fitness & Dieting > Alternative Medicine

## Customer Reviews

My wife asked me to buy this book which she found recommended in an article. She has found it to be most helpful.

might do better to be honest and call it a big wet kiss to the pharmaceutical industry. seems that hormone replacement therapy and drugs are the only options realistic intelligent folk can take. ironic considering the marketing ploy they used here. we were specifically looking for alternatives to big pharma when we found that book.

[Download to continue reading...](#)

Hot Flashes, Hormones & Your Health: Breakthrough Findings to Help You Sail Through Menopause Chicken Soup for the Soul in Menopause: Living and Laughing through Hot Flashes and Hormones The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Mayo Clinic The Menopause Solution: A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy! What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More What Your Doctor May Not Tell You About Menopause (TM): The Breakthrough Book on Natural Hormone Balance (What Your Doctor May Not Tell You About...(Paperback)) Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause Hot Sauce!: Techniques for Making Signature Hot Sauces, with 32 Recipes to Get You Started; Includes 60 Recipes for Using Your Hot Sauces Sex, Lies, and Menopause: The Shocking Truth About Synthetic Hormones and the Benefits of Natural Alternatives Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, and Growth Hormone! The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--Through Perimenopause, Menopause, and Beyond What Your Doctor May Not Tell You About Menopause (TM): The Breakthrough Book on Natural Hormone Balance What Your Doctor May Not Tell You About(TM): Menopause: The Breakthrough Book on Natural Progesterone The Bible Cure for Prostate Disorders: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) The Bible Cure for Candida and Yeast Infections: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) The Bible Cure Recipes for Overcoming Candida: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) The New Bible Cure for Chronic Fatigue and Fibromyalgia: Ancient Truths, Natural Remedies, and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) No More Hot Flashes... And Even More Good News The Hot Shoe Diaries: Big Light from Small Flashes

[Dmca](#)