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MENOPAUSE



Summersdale Publishers. Book Condition: New. Are you going through the menopause? Are you confused by conflicting advice about HRT and unsure which natural alternatives are effective? Wendy Green explains common physical and psychological symptoms and offers a holistic approach to help you deal with them, including simple lifestyle and dietary changes and DIY natural therapies. Series: 50 Things. Num Pages: 176 pages. BIC Classification: VFDW; VS. Category: (G) General (US: Trade). Dimension: 198 x 129. . . 2016. Paperback.

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- Authored by Green, Wendy
- Released at -



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