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New Menopausal Years: The Wise Woman Way, Alternative Approaches for Women 30-90

By Susun S. Weed

Ash Tree Publishing. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.3in. x 5.4in. x 0.8in. The best book on menopause is now better. Herbal solutions for osteoporosis, hot flashes, mood swings, fatigue, flooding, fibroids, low libido, incontinence, anxiety, depression. Completely revised with 100 new pages. All the remedies women know and trust plus hundreds of new ones. New sections on thyroid health, fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. The best book on menopause is now better. Completely revised with 100 new pages. All the remedies women know and trust plus hundreds of new ones. New sections on thyroid health, fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. One of the worlds best selling books on menopause still comes on strong. Called indispensable, incredible, and a treasure trove of information, Menopausal Years is the bible for the 87 of American women over the age of fifty who want nothing to do with hormones. Includes information and remedies for problems with premenopause -- flooding, erratic periods, fibroids, spotting, water retention, muscle soreness -- as well as menopause -- hot flashes, sleeplessness, mood swings, headaches, palpitations,...



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