



The Menopause Book

Barbara Kantrowitz, Pat Wingert

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The critics raved: "*Dr. Spock for aging women...extremely well researched and presents cutting-edge science in a readable and comprehensive way. An excellent reference.*"?The North American Menopause Society.

"Sympathetic, very readable, comprehensive...I highly recommend this excellent guide."?Isaac Schiff, M.D., Harvard Medical School.

"Required reading for women wanting to maximize the second halves of their lives."?Wulf H. Utian, M.D., Ph.D., founder and executive director, The North American Menopause Society.

"Bravo! This book should be a birthday gift for every 40-year-old (actually, probably earlier)."? Barb Malat, CPNP, PA-C, co-chair, Menopause and Hormone Therapy Committee, Association of Reproductive Health Professionals.

Originally published in 2007 as *Is It Hot in Here? Or Is It Me?*, *The Menopause Book* is the all-in-one bible for women approaching or experiencing menopause. Completely revised and updated with a compelling, authoritative new look, the latest medical findings and advice, and a straightforward new title, *The Menopause Book* incorporates the most cutting-edge research on hormones and hormone therapy; hot flashes; heart disease and stroke; breast cancer in older women; and the subtle symptoms of ovarian cancer. It also discusses new findings on why it's hard for menopausal women to lose weight; osteoporosis and estrogen; the interplay between migraines and hormones; panic attacks; and more. Of all the books on the market, this is the soundest?based on science, the material is vetted by top authorities in the field, the facts are up to date, the writing engaging, the tone upbeat. It's the essential guide for every woman who wants to take charge of her health.

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Michael Martin:

Hey guys, do you would like to finds a new book you just read? May be the book with the concept The Menopause Book suitable to you? The particular book was written by well-known writer in this era. Often the book untitled The Menopause Book is the main of several books in which everyone read now. This kind of book was inspired many men and women in the world. When you read this e-book you will enter the new way of measuring that you ever know previous to. The author explained their plan in the simple way, so all of people can easily to know the core of this publication. This book will give you a lot of information about this world now. In order to see the represented of the world in this particular book.

Brenda Nunez:

A lot of people always spent their free time to vacation or perhaps go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. In order to try to find a new activity that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day every day to reading a book. The book The Menopause Book it is extremely good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In the event you did not have enough space to develop this book you can buy often the e-book. You can m0ore simply to read this book through your smart phone. The price is not too costly but this book provides high quality.

Brittany Gonzalez:

You could spend your free time to see this book this reserve. This The Menopause Book is simple to create you can read it in the park, in the beach, train along with soon. If you did not have got much space to bring typically the printed book, you can buy the particular e-book. It is make you much easier to read it. You can save the book in your smart phone. Thus there are a lot of benefits that you will get when you buy this book.

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