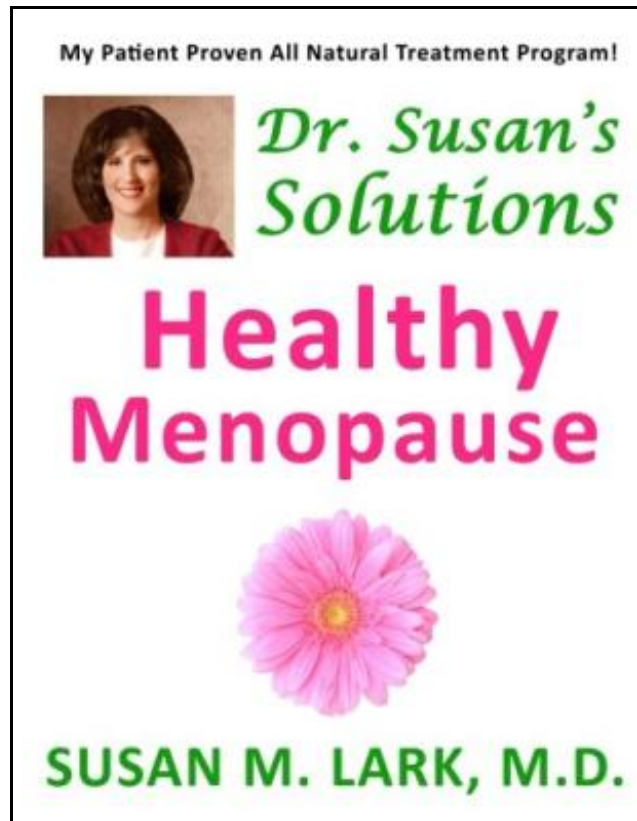


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Womens Wellness Publishing, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to be free of hot flashes, insomnia, fatigue, anxiety, depression, vaginal and skin dryness and other uncomfortable symptoms of menopause? Do you want to restore your hormonal health and balance and enjoy radiant health and wellness? Then, Dr. Susan s Solutions: Healthy Menopause is an essential book for you. Written by Susan M. Lark, M.D., best selling author and one of the most renowned women s alternative medicine experts, this incredible guide to healing from menopause symptoms and restoring your hormonal health and balance contains her all natural and very effective treatment program. Her program has helped thousands of her menopause patients gain dramatic relief from their debilitating and uncomfortable symptoms. Dr. Lark s program for menopause relief is incredibly effective, safe and fast acting and has enabled her patients to avoid the use of conventional hormone replacement therapy with its many side effects and health issues including an increased risk of heart disease and breast cancer. Her book also includes her expert knowledge of the most up-to-date medical and alternative therapy research in this field. In this book, Dr. Lark shares with you: - Important information on the major female hormones, estrogen, progesterone, testosterone, and DHEA and how they affect the body and how production of these hormones changes as a woman enters menopause - In-depth discussion of the symptoms of menopause including hot flashes, sleeplessness and insomnia, mood swings, fatigue and vaginal and bladder changes. Other topics discussed include osteoporosis, arthritis, skin and hair thinning and dryness, heart disease and stroke and how to prevent and correct these issues using Dr. Lark s all natural treatment program - Very helpful workbook...



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