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Menopause

- Simple explanations of each cycle of a woman's life
- Expert advice on staying healthy and positive during perimenopause and menopause
- Down-to-earth tips on coping with mood swings, weight gain, and hot flashes

Maureen Miller Pelletier, M.D.,
and Deborah S. Romaine



Complete Idiots Guide To Menopause

**Deborah S. Romaine, Maureen
Pelletier, M.D; C.C.N; F.A.C.O.G.**

Complete Idiots Guide To Menopause:

The Complete Idiot's Guide to Menopause Deborah S. Romaine, Maureen Pelletier, M.D; C.C.N; F.A.C.O.G., 2000-10-12 This guide for women in their late thirties to late fifties is meant to demystify the menopause condition symptoms remedies side effects and emotional impact The information about remedies includes both traditional and alternative treatments The author stresses the benefits of good nutrition and fitness

The Complete Idiot's Guide to Menopause Maureen Miller Pelletier, Deborah S. Romaine, 2000 Explains the cycles of a woman's life and provides information on topics such as hormone replacement therapy natural remedies and metabolic changes

The Complete Idiot's Guide to Communicating with Spirits Deb Baker, Rita Berkowitz, 2002-09-01 You're no idiot of course You know life is a journey and that physical birth and death are its points of transition Many people across cultures and faiths believe the spirit lives on and have experienced contact with the spirits of loved ones who have passed to the higher side This contact is joyous comforting and healing but you wonder if it's really real and whether you can share in it too Don't give up the spirit The Complete Idiot's Guide to Communicating With Spirits will show you exactly how to uncover your own mediumistic capabilities and connect with those no longer on the earth plane In this Complete Idiot's Guide you get Tips on how to connect with your personal divine energy through prayer meditation and dreams Information on the birth of the human soul as perceived through theological metaphysical and spiritual viewpoints Exercises to help you develop your mediumistic abilities Tangible evidence of the continuity of life

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illustrations that show you exactly what to do *The British National Bibliography* Arthur James Wells,2005 **The Complete Idiot's Guide to Living Longer & Healthier** Allan Magaziner,1999 You re no idiot of course You know that too much cholesterol is bad for your heart exercise will keep you healthy and vitamin C is good for a cold But when it comes to keeping the bounce you used to have in your step you feel like bifocals and canes are all that are in your future Don t settle into that rocking chair yet *The Complete Idiot s Guide to Living Longer Healthier* is here to teach you how to use natural remedies and holistic treatments so that you can create your own Fountain of Youth In this *Complete Idiot s Guide* you get

Midlife Mamas on the Moon Sunny Hersh,2003 A fun inspirational guide to positive choices for women over 40 Packed with useful checklists honest personal stories and no nonsense resources this book has the latest information on health sex and hormones and shows how to transform relationships finances and careers **New Books on Women and Feminism**,2001 Complete Idiot's Guide to Weight Loss Tracker Shirley Mathews,Jyni Holland,2005 *The Complete Idiot s Guide to Weight Loss Tracker*provides the millions of those who have jumped on the dieting wagon the tools they need to manage their diets and accomplish their weight loss goals This book is designed to complement all of the popular diet books in the market while also appealing to those who aren t following a specific plan but who want to make a concerted effort to lose weight Inside readers will find the tools to help them Determine their body frame size and waist to hip ratio Identify their current Body Mass Index Calculate their Basal Metabolism Distinguish between good high and low carb foods at home and when eating out Graph their weight loss Keep track of exercises and calories burned And much more The Complete Idiot's Guide to Wellness P. B. Smith,Patricia Burkhart Smith,Muriel MacFarlane,Eugene Kalnitsky,2002 The most comprehensive introduction to achieving total health The first branded book on Wellness which is important because the topic is fairly new to people and they may be more inclined to seek out a trusted and easy to read book in order to get acquainted with the topic Although wellness is commonly discussed in terms of its three main pillars exercise nutrition and stress management almost all books currently available focus on just one or two aspects Wellness rests on three strong pillars proper nutrition regular moderate exercise and stress management As with anything balanced upon three legs if one of the legs is missing or weak the whole thing collapses If you exercise regularly but eat poorly and do nothing to manage your stress you are setting yourself up for illness If you eat right but never get up out of your recliner the same thing will happen Even if you manage to eat well and exercise four times a week the good benefits you accrue will not protect you from developing an illness if your life is full of unrelenting stress *The Complete Idiot s Guide RM to Wellness* teaches readers how to improve overall health and avoid illness by balancing these three pillars In addition to providing readers with the necessary facts in each of these three areas this book provides them with the tools necessary to proactively track their own wellness initiatives and identify when its time to get a particular check up or exam and under what circumstances to seek medical care The Complete Idiot's Guide to Alternative Medicine Alan H. Pressman,Sheila Buff,1999 This comprehensive

guide takes a balanced look at each alternative method exploring its strengths and weaknesses so that readers can make informed decisions

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