



# **Menopause Guidebook For Women : What Women Need To Know About Menopause: Sex, Diet, Hot Flashes - A Must Have Guide For Life After Menopause**

*Katie Bowen*

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“**Menopause Guidebook For Women: What Women Need To Know About Menopause**” is a book that provides a great deal of information about the process of menopause, the symptoms that can arise as a result as well as steps that can be taken, both natural and synthetic that can improve the situation.

This book ought to be in the possession of any woman that is approaching the pre-menopausal stage in life. It is a very informative guide that can make the process of transition a whole lot easier. If something is not understood it makes it that much harder to deal with. Menopause is not the tragic end to an era but a natural process that every woman must go through just like puberty. If the changes that come along with this process are handled properly, it can be an easy process.

There are quite a number of studies on various options for dealing with menopause and quite a few of them are outlined in the book. Even options that are purported to work but not yet approved are mentioned as well. The options are all natural so trying it would not have any side effects. This is a great way to learn about menopause.

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