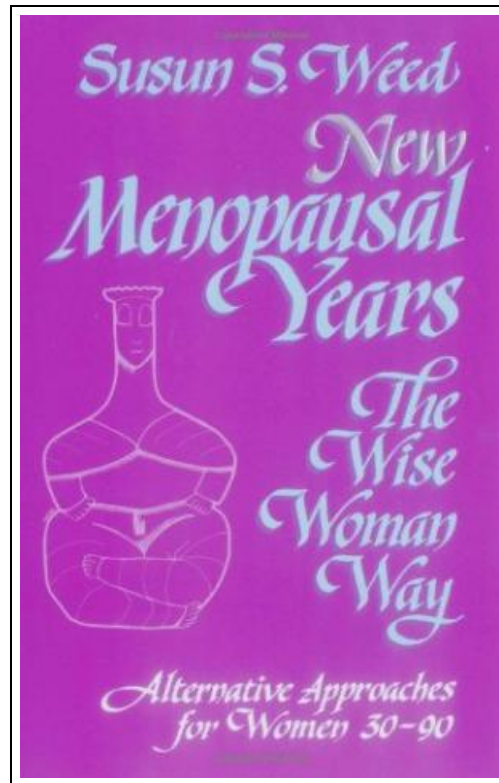


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Ash Tree Publishing, 2002. Soft cover. Condition: New. Herbal solutions for osteoporosis, hot flashes, mood swings, fatigue, flooding, fibroids, low libido, incontinence, anxiety, depression. Completely revised with 100 new pages. All the remedies 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. One of the world's 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, anxiety, depression, fatigue, and much more. Final chapters speak to post-menopausal women's concerns: including ways to maintain heart health, prevent and reverse osteoporosis, deal with dry vaginal tissues and incontinence, ease aching joints, and maintain healthy libido. The soothing, wise voice of Grandmother Growth guides each woman through the book and through her own menopause metamorphosis. Ritual interludes interweaves a spiritual dimension often lacking in other works. Includes superb resource lists for menopause information, index, glossary, directions for using (and preparing) herbal medicines, complete descriptions of the most-used menopausal herbs (including nettles, ginseng, dong quai, red clover, oatstraw, and motherwort), recipes for heart- and bone-healthy dishes, and lots of illustrations.



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