



# **The Ultimate Nutrition Guide for Menopause: Natural Strategies to Stay Healthy, Control Weight, and Feel Great**

*Leslie Beck*

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""A survival guide to healthy living- indispensable advice for women of all ages.""

-James F. Balch, M.D.,

coauthor of Prescription for Natural Healing

Menopause brings a multitude of changes for women. It's a time when you need to prepare your body for a hormonal roller coaster ride and protect yourself against various health risks-that means making positive, healthy lifestyle decisions.

In this book, leading nutritionist Leslie Beck explains how you can success-fully manage the myriad symptoms of menopause through nutrition and develop a long-term plan for optimal health. Whether you are peri- or post-menopausal, Beck can help you make smart changes to your diet, add the right vitamin and mineral supplements to your daily routine, and choose the most appropriate herbal remedies for your symptoms.

Based on cutting-edge research, this essential, easy-to-read guide explains how you can lose weight or prevent the weight gain that is often associated with aging or hormone replacement therapy. You'll discover how to reduce your risk of breast cancer, osteoporosis, heart disease, and other serious health problems. Whether you're taking hormones or not, you'll see what steps to take to make the best decisions for your lifestyle.

Most important, you'll learn how to stay healthy and feel better-naturally-during menopause.

Topics include:

- Anxiety
- Breast cancer
- Depression
- Forgetfulness
- Heart disease
- Heavy periods
- Hormone replacement therapy
- Hot flashes
- Insomnia
- Menstrual cycle changes
- Mood swings
- Night sweats
- Osteoporosis
- Perimenopause
- Sexual changes
- Weight gain
- Vaginal dryness

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The book The Ultimate Nutrition Guide for Menopause: Natural Strategies to Stay Healthy, Control Weight, and Feel Great has a lot details on it. So when you make sure to read this book you can get a lot of benefit. The book was published by the very famous author. Tom makes some research previous to write this book. This kind of book very easy to read you may get the point easily after scanning this book.

#### **Valerie Herrera:**

People live in this new moment of lifestyle always attempt to and must have the time or they will get great deal of stress from both lifestyle and work. So , if we ask do people have extra time, we will say absolutely sure. People is human not really a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you try this one, reading books. It can be your alternative throughout spending your spare time, the book you have read will be The Ultimate Nutrition Guide for Menopause: Natural Strategies to Stay Healthy, Control Weight, and Feel Great.

#### **Jordan Moore:**

The book untitled The Ultimate Nutrition Guide for Menopause: Natural Strategies to Stay Healthy, Control Weight, and Feel Great contain a lot of information on the item. The writer explains your ex idea with easy means. The language is very clear to see all the people, so do not necessarily worry, you can easy to read the item. The book was published by famous author. The author provides you in the new period of literary works. You can actually read this book because you can continue reading your smart phone, or gadget, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site and order it. Have a nice read.

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