



Menopause: The Drug-Free Way

Juliet Bressan

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Doctors are traditionally keen to medicalise the menopause, but, in the face of ongoing controversy about HRT, there is an increasing call for a natural menopause. Written by a GP, Menopause the Drug Free Way gives a strong, positive message about how women may empower themselves and develop a joyful attitude to life. It explains what's really going on inside the body at this time of transition, how women can tackle symptoms themselves, and when they should resort to the doctor.

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