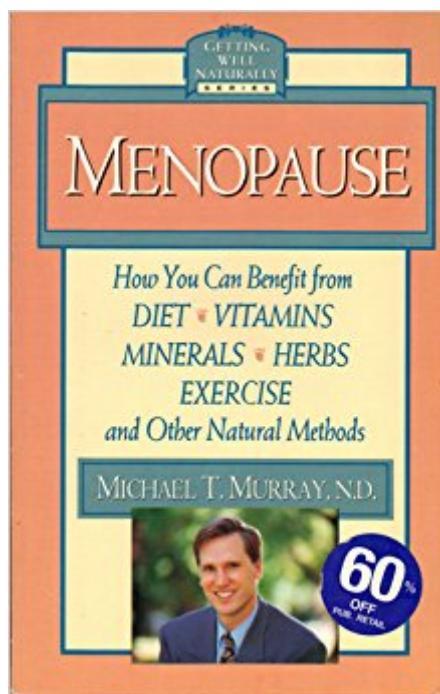


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# Menopause: How You Can Benefit From Diet, Vitamins, Minerals, Herbs, Exercise, And Other Natural Methods (Getting Well Naturally)



## Synopsis

Understanding, support, and natural, effective care would be most welcome during this profound life change that women face. All of that and more is offered here, including a simple explanation of the causes and effects of menopause and an examination of estrogen replacement therapy.

## Book Information

Series: Getting Well Naturally

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