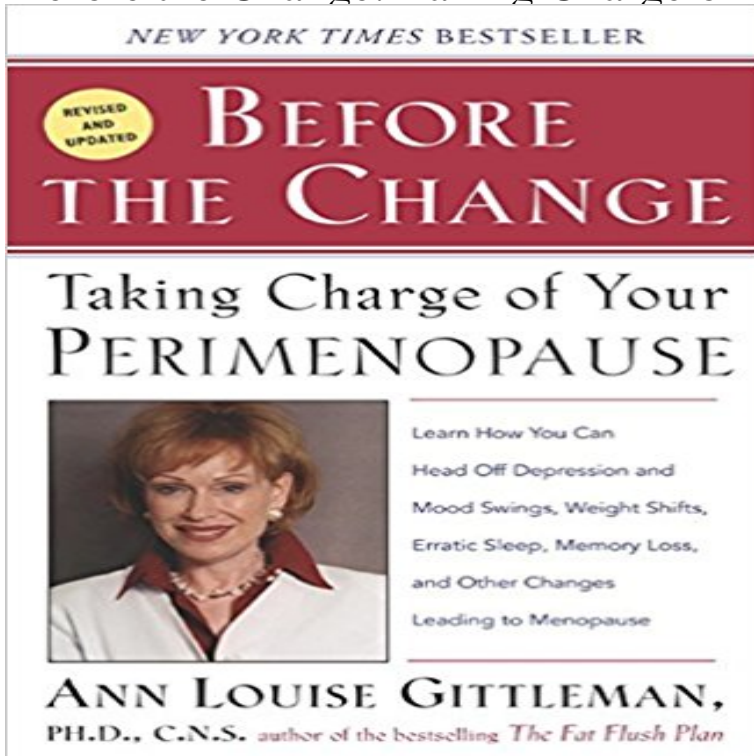


# Before the Change: Taking Charge of Your Perimenopause



From renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated guide to taking charge of your perimenopause. Filled with the latest research as well as practical tips and menus, Gittleman also incorporates timely information, especially pertaining to Hormone Replacement Therapy. Learn How You Can head off Depression and Mood Swings, Weight Shifts, Erratic Sleep, Memory Loss, and Other Changes Leading to Menopause. Take charge of your perimenopause simply, safely, and naturally! This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself. By following the authors proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through this vital phase of your life. With this essential doâ€™tâ€™yourself program, you can say goodâ€™bye to hormone havoc and sail through your perimenopause, the period of about ten years leading up to menopause, by understanding and controlling its symptoms. Before the Change. .clearly explains the symptoms of perimenopause and offers a selfâ€™diagnosis quiz; .details safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs and natural hormones.gives you a powerful Changing Diet, with tips and recipes for foods that prevent and alleviate symptoms

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