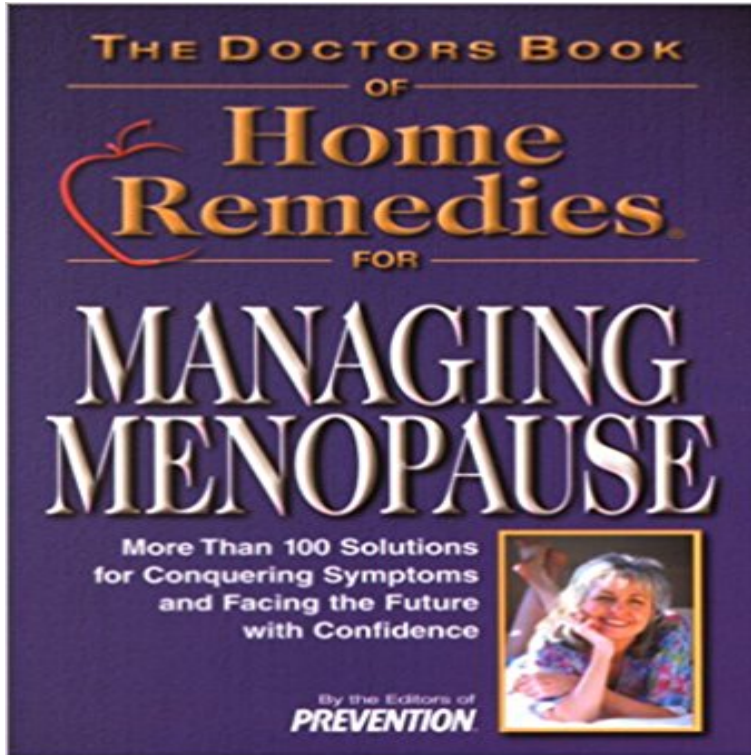


The Doctors Book of Home Remedies for Managing Menopause: More Than 100 Solutions for Conquering Symptoms and Facing the Future with Confidence



Don't let menopause become a midlife menace! In this information-packed volume, you'll find more than 100 doctor-approved suggestions to stop menopausal symptoms in their tracks. Not sure if hormone-replacement therapy is right for you? A succinct discussion of the pros and cons will help you make a sound decision based on your own needs and situation. You'll also discover the best diet for your body's changing needs; fast-acting, natural ways to cool down hot flashes and curb mood swings; and preventive strategies to sidestep symptoms and age-related diseases altogether. Plus, look for expert advice on how to transform emotional turmoil into an exciting opportunity for self-discovery and how to make your sex life sizzle no matter what your age! From herbal formulas that cure insomnia to breathing techniques guaranteed to stop the night sweats, you'll gain new knowledge on every page. Contributing experts include: Mary Jane Minkin, M.D. Coauthor of *What Every Woman Needs to Know about Menopause*; Barbara Gollman, Chef, nutritionist, and coauthor of *The Phytopia Cookbook*; Varro Tyler, Ph.D. Herbal healing specialist and author of *Tyler's Honest Herbal*; Victoria Edwards, R.N. Aromatherapy practitioner and educator; Sadjia Greenwood, M.D. Author of *Menopause, Naturally*; Don Campbell, Music therapy pioneer and author of *The Mozart Effect*; Patricia Love, Ed.D. Marriage therapist and coauthor

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