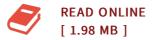




The Hormone Survival Guide for Perimenopause: Balance Your Hormones Naturally

By Nisha Jackson

Larkfield Publishing. Paperback. Book Condition: new. BRAND NEW, The Hormone Survival Guide for Perimenopause: Balance Your Hormones Naturally, Nisha Jackson, Explaining why women between the ages of 35 and 50 often experience significant changes in mood, weight, sex drive, and general wellbeing due to hormonal imbalances, this guide shows women how to regain control of their hormones -- and their lives -- and feel good again through natural means. Women who have had long-standing physical and emotional complaints written off by doctors as normal or genetic are provided with step-by-step solutions to such hormone-related problems as weight gain, fibroids, sex-drive doldrums, adult acne, depression, anxiety, irritability, chronic fatigue, and facial hair. Perimenopausal women will be able to regain control of their health by putting together a game plan for renewal -- including hormone balancing and weight management plans that will help them feel better -- with dramatic, life-changing results.



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