



Living Well with Menopause: What Your Doctor Doesn't Tell You...That You Need To Know (Living Well (Collins))

Carolyn Chambers Clark

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A complete holistic guide to menopause. A vital self-care manual for the more than 50 million American women facing this natural process.

For thirty years, board-certified holistic practitioner, master's-prepared nurse, and doctorally prepared educator Carolyn Chambers Clark has been helping women navigate the challenges of menopause. Now she can help you with her breakthrough guide that addresses the full range of medical, alternative, and complementary self-care strategies, with easy-to-follow guidelines for avoiding the pitfalls of:

- Hot flashes
- Fuzzy thinking
- Skin, hair, and bladder changes
- Weight gain
- Joint and muscle pain
- Fatigue
- Decreased sex drive
- Emotional ups and downs
- Insomnia

Having been through this natural process herself, and having counseled countless other menopausal women, Clark is a compassionate voice clearly addressing the risks and possible benefits of hormone therapies, offering easy-to-understand advice, and providing the most comprehensive menopause program available.

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Angela Jones:

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