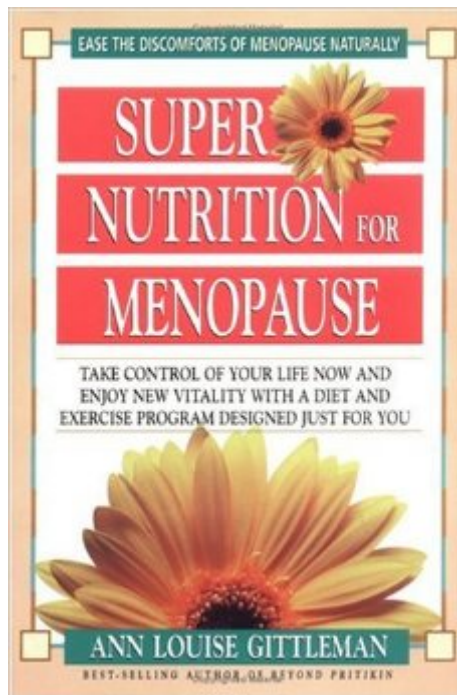


The book was found

Super Nutrition For Menopause: Take Control Of Your Life Now And Enjoy New Vitality



Synopsis

Most women assume that hot flashes, mood swings, and vaginal dryness are a necessary part of menopause -- and that all they can do is take estrogen and hope for the best. But according to nutritionist Ann Gittleman, poor eating habits, not hormone levels, are the underlying cause of menopause's unpleasant symptoms. In her career as a nutritionist, she has counseled thousands of women, and her observation that not all women experienced difficult, painful menopause inspired her to create the simple, breakthrough program in *Super Nutrition for Menopause*.

Book Information

Paperback: 226 pages

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Shipping Weight: 13.6 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,488,797 in Books (See Top 100 in Books) #104 inÂ Books > Health, Fitness & Dieting > Women's Health > Menopause #1056 inÂ Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology #3636 inÂ Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

This easy to read and user friendly book is a wealth of helpful information especially for those of us making this next transition in life. The book explains in understandable terms what menopause is, what its most common symptoms are, and the different ways it may be experienced. Especially helpful was the recommended Vitamin E dosage and the natural progesterone cream which greatly helps hot flashes. Thank you Ann Louise Gittleman for another outstanding and timely book!

I have become a real fan of Ann Louise Gittleman's work. I first learned of her through her book *Before the Change* and picked this one up shortly thereafter. A great follow up because *Super Nutrition for Menopause* deals with concerns of the older woman like diabetes and osteoporosis. I think this book would make a good Mother's Day or Birthday Gift because it is a gift of health.

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