



Menopause: Frequent Questions And Answers (Coping With Menopause Book 2)

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QUESTIONS & ANSWERS ON MENOPAUSE - INTRODUCTORY OFFER: ONLY \$2.99

According to the National Institute on Aging (NIA), nearly 2 million U.S. women will turn 50 this year. And most of these females are experiencing or will experience the symptoms of perimenopause, menopause or post-menopause, three stages in a woman's life that are bound to affect their physical and mental functions if not properly treated.

This book presents the most frequent questions and answers regarding menopause, its causes, symptoms and treatments. Menopause can be defined as a three-stage phase in every woman's life that marks the end of her fertile, reproductive years. It usually manifests fully when females turns 50, affecting them differently according to their genetic inheritance and their past and present lifestyles, including their daily diet, physical activity, addictions, and mental health.

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