



Menopause Made Easy: How To Make The Right Decisions For The Rest Of Your Life

Carolle Jean-Murat

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Smart women must educate themselves about menopause and the risks and rewards of taking hormone replacement therapy (HRT), nutritional supplements and homeopathic therapies. This book will address the current needs and concerns of midlife women, empowering you to make the right decisions. Using questionnaires and simple flow charts, you will circumvent the confusion surrounding menopause and HRT. With humour, candor and plain non-technical language, Dr Jean-Murat addresses many concerns of women today. It includes a chapter on 'healthy ageing' by Louise L. Hay.

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