



Preventing Menopause: Stopping Ovarian Failure Before It Starts

By Beth Rosenshein

Your Health Press, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.MENOPAUSE: WHY IT S THE BIGGEST HEALTH RISK WOMEN FACE Ovaries are only needed for childbearing, right? Wrong! The truth is, the ovaries have many functions vital to a woman s health, including an integral role in sexual satisfaction, quality of sleep, overall mood, and protection from breast cancer, colon cancer, and heart disease. When ovaries run out of eggs and fail, which is what happens at menopause, women s bodies are left far more vulnerable to these diseases, with significantly reduced sexual function. The information needed to prevent or delay menopause for at least thirty years, thus improving our sex lives and overall health as we age, has been available, but no one s told us about it. Until now. In her groundbreaking book, Preventing Menopause: Stopping Ovarian Failure Before It Starts, Beth Rosenshein explains how you can safely make menopause an optional phase of life. Working together with your doctor, and using the newest and most appropriate hormonal therapy, you can prolong ovarian function and maintain good health. Not only will this program provide...

DOWNLOAD



READ ONLINE
[5.77 MB]

Reviews

The publication is not difficult in study preferable to fully grasp. It really is rally intriguing throgh looking at period of time. I found out this pdf from my dad and i advised this ebook to find out.

-- **Fabiola Hilpert**

Very beneficial for all class of folks. Indeed, it can be perform, nevertheless an interesting and amazing literature. I discovered this ebook from my i and dad suggested this pdf to find out.

-- **Leatha Luetgen Sr.**