



Nourishing Menopause: The Whole-Food Guide to Balancing Your Hormones Naturally

Margie King

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Nourishing Menopause: The Whole-Food Guide to Balancing Your Hormones Naturally is an essential guide for every woman who wants to avoid hormone replacement therapy and other drugs as she goes through "The Change." This holistic approach to menopause emphasizes the power of whole, natural foods to balance your hormones. In these pages you'll find the information you need to take back your life and navigate menopause naturally. You'll learn how the right foods can help you: · Balance your hormones naturally · Stoke your metabolic fire to burn more calories · Beat mood swings and depression · Control hot flashes and night sweats · Protect your heart · Lower your risk of breast cancer · Build stronger bones This information is powerful and can change your life - if you let it

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