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_ Menopause is not just a phase. It is the rest of your life. You could spend as much time in menopause as you spent in your reproductive years. With improvements in our lifestyles and medical discoveries, women today can live 30, 40 and even 50 years in menopause.

Nourishing Menopause - Home

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.

Nourishing Menopause: The Whole-Food Guide to Balancing

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Margie is the author of Nourishing Menopause: The Whole Food Guide to Balancing Your Hormones Naturally. She is also a professional copywriter and natural health, beauty and nutrition writer. She is also a professional copywriter and natural health, beauty and nutrition writer.

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9780615842561 - Nourishing Menopause: The Whole-Food Guide

Antidepressants are often prescribed for women with perimenopause and menopause symptoms who report feeling stressed, anxious or overwhelmed during the menopause transition. In most cases, antidepressants are not the right answer for menopause symptom relief, and will not resolve the source of your symptoms.

5 Steps for Natural Menopause Symptom Relief â€“Womenâ€™s

Margie is the author of Nourishing Menopause: The Whole Food Guide to Balancing Your Hormones Naturally. She is also a professional copywriter and natural health, beauty and nutrition writer. She is also a professional copywriter and natural health, beauty and nutrition writer.

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natural menopause, chronologic age is a poor indicator of the beginning or the end of the menopause transition.³ Menopause affects every woman (if she is fortunate enough to survive to middle adulthood). And, as the large baby-boom generation reaches midlife and beyond, an unprecedented number of women are now postmenopausal.

Chapter 1 Overview of Menopause

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.

Nourishing Menopause: The Whole-Food Guide to Balancing

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Nourishing women through menopause and beyond involves more than food. In the Wise Woman Way, herbs and stories are important agents of healing, too. Stories change how we see the world and ourselves.

Positive Health Online | Article - Nourishing Women

Nourishing the blood is one of the strategies that I use most often in my clinic. It is an underlying and often missed issue in multiple disease conditions, especially those related to inflammation and circulation.

Nourishing The Blood To Treat Hair, Skin, Eyes, Nerves

Whole grains are the backbone of a whole food diet. Because they break down much more slowly than refined (white) flour products, whole grains provide a "time release" capsule that allows you to work and work and work (or play and play and play, as you will). For more energy, eat more whole grains.

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