

Menopause Confidential A Doctor Reveals The Secrets To Thriving Through Midlife

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Menopause Confidential - Tara Allmen M.D. - Paperback

Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife by Tara Allmen. Read online, or download in secure ePub format An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field.

Menopause Confidential: A Doctor Reveals the Secrets to ...

The Paperback of the Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife by Tara Allmen M.D. at Barnes & Noble.

Menopause Confidential | 9780062447289, 9780062447296 ...

Menopause Confidential is real, witty, and greatly needed. Dr. Allmen takes the myth out of perimenopause and menopause. She is one of us and that's powerful. This book will not be the next door stopper but the book that changes and saves women's lives.

Menopause Confidential: A Doctor Reveals the Secrets to ...

Menopause Confidential encourages them to be informed, be proactive, and be their greatest selves"-- An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field.

Menopause Confidential A Doctor Reveals

Menopause Confidential is an overwhelming success. Every woman over forty should read it. (James A. Simon, MD, Clinical Professor at George Washington University, Women's Health & Research Consultants in Washington, DC) Dr. Allmen has a way of turning uncomfortable and awkward topics into informative action plans.

Menopause Confidential - Tara Allmen M.D. - Hardcover

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Menopause confidential : a doctor reveals the secrets to ...

Tara Allmen, MD, author of Menopause Confidential: A Doctor Reveals The Secrets To Thriving Through Midlife, is one of America's leading experts in menopausal medicine. She is a Nationally Certified Menopause Practitioner (NCMP) and highly respected in the medical community.

Read Free Menopause Confidential A Doctor Reveals The Secrets To Thriving Through Midlife

Menopause Confidential: A Doctor Reveals the Secrets to ...

Women can't turn back the clock, but they can take control of their health and flourish in midlife. Menopause Confidential encourages them to be informed, be proactive, and be their greatest selves.

Praise for "Menopause Confidential: A Doctor Reveals the ...

Written in her effervescent yet assured voice, Menopause Confidential provides simple strategies and cutting-edge information on: hormonal changes and the symptoms of perimenopause and menopause; the health risks associated with midlife--from cutting through the conflicting opinions and advice about health screenings (Do I really need a colonoscopy?)

Menopause Confidential: A Doctor Reveals the Secrets to ...

Menopause affects every aspect of life—from sex and sleep to mood and mental clarity to weight. An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field.

Menopause Confidential: A Doctor Reveals the Secrets to ...

During perimenopause and menopause, women will experience many bothersome symptoms, including hot flashes, night sweats, sleep issues, fatigue, brain fogginess, weight gain, mood changes, vaginal dryness and overall aches and pains, just to name a few. Hot flashes are the most common menopause symptom and over 75% of US women will feel the heat.

Menopause Confidential: A Doctor Reveals the Secrets to ...

Women can't turn back the clock, but they can take control of their health and flourish in midlife. Menopause Confidential inspires them to be informed, proactive, and reach for their greatest and healthiest selves.

Menopause Confidential : A Doctor Reveals the Secrets to ...

Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife Hardcover - Sep 20 2016 by Tara Allmen M.D. (Author) 4.4 out of 5 stars 4 ratings See all 6 formats and editions Hide other formats and editions

Menopause Confidential: A Doctor Reveals the Secrets to ...

Now, Manhattan gynecologist Dr. Tara Allmen, an experienced, nationally board-certified menopause practitioner and the recipient of the 2015 Doctor's Choice National Award for Obstetrics & Gynecology, shares her knowledge to help women be their happiest and healthiest, and turn this challenging time into an exciting one.

Buy Now Menopause Confidential : A Doctor Reveals the ...

A new book just came off the press called "Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife". I call it a "required reading" book because it is so engaging and insightful about menopause. It's beautifully written, by one of our nation's top menopause doctors.

Menopause Confidential: A Doctor Reveals the Secrets to ...

Menopause Confidential will address your questions and concerns with easy-to-understand information that is based on scientific evidence. Far more than just a compendium of advice for dealing with hot flashes and midlife muffin top, this book proves that midlife can be the beginning of the best years of your life.

DOWNLOAD Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife

Menopause Confidential A Doctor Reveals the Secrets to Thriving Through Midlife by Tara Allmen, M.D. and Publisher HarperOne. Save up to 80% by choosing the eTextbook option for ISBN: 9780062447296, 0062447297.