

# Menopause Reset

The Menopause Reset  
The Menopause Reset Confidential Dr. Mindy Pelz Jessica Caplain  
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a transformational plan for women who find themselves struggling through their menopausal years and who may be experiencing sudden symptoms such as sleepless nights irritable moods unexplained anxiety trouble retrieving words weight gain and hot flashes are you struggling through your menopausal years as if from out of nowhere you experience symptoms such as sleepless nights irritable moods unexplained anxiety trouble retrieving words and hot flashes your weight won't budge no matter how hard you try how great would it feel to wake up feeling rested have a brain that is calm joyful and clear and to finally lose weight in an easy and sustainable way the good news is that there is a way for you to do all of this and more nutrition and functional medicine expert and best selling author dr mindy pelz has helped thousands of women just like you reset their health during their turbulent menopausal years join dr mindy as she reconnects you to your more vibrant and youthful self in the menopause reset you will learn what hormone changes cause symptoms and proven strategies to fix them the best way to stop your menopause related memory loss how you can put an end to your symptoms without the use of medications how to unstick your metabolism and finally lose the extra weight how to slow the aging process and keep yourself forever young you don't have to suffer through these years join dr mindy as she outlines her transformational menopausal reset program which has helped thousands of women get their lives back hope is here

for the woman who is in on or about to hit menopause you need to arm your self quick to handle and cope with this phase of your life and this book will do just that what you will learn this book has been organized into six parts so you can head to the topic that interests you the most chapter i menopause defined this chapter will help you know what menopause is and why women experience it at one point in their lives it will also give you an overview on what happens in a woman's body before during and after menopause

chapter ii coping with early menopause not every woman goes through menopause at the expected age range there are certain factors that can cause a woman to experience early menopause such as after a surgical procedure chapter iii familiarizing yourself with the symptoms there are many symptoms associated with menopause but how do you know if it is really the cause of those hot flushes and headaches chapter iv sex life and menopause going through menopause does not mean you will no longer appreciate sex chapter v alternative non hormone therapies hormone therapy is a controversial treatment plan because of the possible negative effects on the woman s body if you are concerned about its effects then you can consider the many alternative options available that do not require using hormones chapter vi menopausal myths busted there are a lot of misconceptions about menopause that continue to brainwash a lot of people until today and you should not be one of them get informed and check out these myth busters after reading this book you will learn that menopause is a natural process that involves different stages it will also talk about the controversial and alternative approaches that can help protect you from the health risks associated with menopause always remember that you deserve to be happy and be well informed on what is happening in your body as you continue to enjoy life menopause is not a medical condition nobody is going to die from menopause or any of its symptoms however women die every day from the effects of low estrogen levels your risks of certain health problems rise after menopause it is true that estrogen has a role in a woman s overall health including protecting your organs slowing down degeneration and increasing your immunity the transformation caused by menopause impacts your health in significant ways and this book will help you understand the story behind each symptom and disease download your copy today tags menopause weight loss menopause reset perimenopause menopause books stages of menopause sex after menopause weight loss over 50 menopause menopause weight loss menopause age age of menopause wisdom of menopause menopause reset perimenopause menopause diet supplements for menopause menopause books menopause stages of menopause menopause confidential pre menopause menopause medicine male menopause premenopause menopause weight gain menopause and weight gain menopause weight loss pills menopause and weight loss books perimenopause test natural remedies for menopause sex after menopause herbs for menopause menopause in men menopause for men menopause to matrimony menopause headaches menopause hot flashes menopause and anxiety menopause for dummies menopause hair loss signs of perimenopause menopause relief

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