



Menopause the Drug-Free Way

By Juliet Bressan

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Menopause the Drug-Free Way, Juliet Bressan, Doctors are traditionally keen to medicalise the menopause, but, in the face of ongoing controversy about HRT, there is an increasing call for a natural menopause. Written by a GP, Menopause the Drug Free Way gives a strong, positive message about how women may empower themselves and develop a joyful attitude to life. It explains what's really going on inside the body at this time of transition, how women can tackle symptoms themselves, and when they should resort to the doctor.



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**