



Natural Remedies For Menopause: A Complete List Of Herbs and Vitamins For Natural Menopause Relief

Betsy Sanders

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If you're looking for a comprehensive and complete list of natural remedies for menopause, then this book is for you!

Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

In light of recent studies showing that HRT (Hormone Replacement Therapy) is linked to an increased risk of stroke, blood clots, cardiac disease, and cancer, an increasing number of women have been turning to alternative and natural remedies in order to manage their discomfort in this phase of their lives. But with the overwhelming and sometimes contrary information available on the internet, how does one differentiate the helpful sources from the harmful ones? How does one gain a comprehensive knowledge of the products and therapies that genuinely seem to help, versus the ones that are often touted but rarely work? The answers to all these questions and more are found within this ebook guide. So are you ready to get rid of the uncomfortable hot flashes? Are you ready to improve your quality of life and your physical well-being by managing the inconveniences of this phase in your life? And are you ready to do all of this in a natural and healthy way? Let's get started!

Here Is A Preview Of What You'll Learn...

- Let's Talk Menopause
- Vitamins and Supplements for Menopause
- Herbs, Foods, and Other Natural Remedies for Menopause
- Homeopathic Preparations for Menopause
- Everyday Activities and Alternative Therapies for Menopause
- Much, much more!

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Catherine Gates:

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