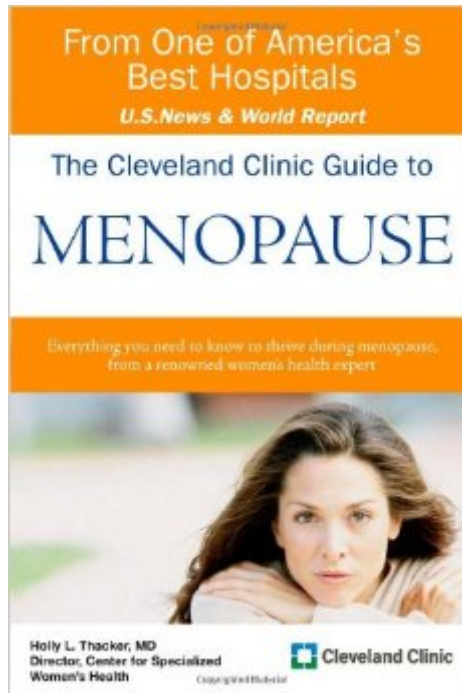


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# The Cleveland Clinic Guide To Menopause (Cleveland Clinic Guides)



## Synopsis

Regain Control and Enjoy A Vibrant, Healthy Midlife! If you are one of the millions of women who want answers about menopause, help has arrived: Discover leading-edge menopause treatments that offer effective relief from symptoms, and gain optimism and peace of mind about your health! In *The Cleveland Clinic Guide to Menopause*, Dr. Holly Thacker, a trailblazer in women's health, cuts through the myths and misinformation and provides solid information to help you handle menopause more effectively. She also offers advice that helps you improve your vitality, longevity, and quality of life. Inside you'll find guidance to help you: Control menopause symptoms through safe, effective treatments that balance short-term results with your long-term health. Understand the myths and facts about hormone therapy and sort through the inaccurate, misleading and conflicting information that's so prevalent today. Sleep better, boost your energy, and recharge your sex life so you can regain short term results you want! Get the facts about vitamins, supplements, and antidepressants. Protect your long-term health by strengthening your bones, helping your heart, and taking smart steps to help prevent cancer and other diseases. Cleveland Clinic is ranked consistently among the top hospitals in America by U.S. News & World Report. Its team of Women's Health professionals offers coordinated, supportive care for the problems that affect women's lives, from breast cancer and infertility, to incontinence, pelvic floor disorders, and more.

## Book Information

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## Customer Reviews

I downloaded this book to read on my Kindle not sure of what to expect. I found it to be full of useful information. The author, Dr. Holly Thacker, is one of the foremost menopausal experts in America. The Center for Specialized Women's Health at the Cleveland Clinic, which she directs, has a unique and wonderful approach for treating patients dealing with a wide variety of issues related to hormones. There is a great deal of information being circulated these days by both the internet and the media. Some of it is accurate. Some of it isn't. If you are looking for some clarity regarding possible safe treatments for perimenopause or menopausal symptoms this book will be of great help to you. It will at least give you options while debunking some of the myths that have caused many women to suffer needlessly by avoiding FDA approved treatments due to fear. I was able to get through the entire book in one day. Obviously I'll be referring back to it in the future. The author has written it in every day language so that the reader will easily understand. Her goal is not necessarily to push you the way of traditional medicine. Or at least that is not the impression that I had while reading. Her desire is to clarify misunderstandings and bring hope to women who have come to believe that there is no help available during this deep transition in life. I highly recommend reading this book. At the very least it will offer you better understanding of your body, and its needs. It also has the possibility of assisting you in making some important decisions about your overall health and well-being. I believe that men & women can both benefit from reading Dr. Thacker's book.

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