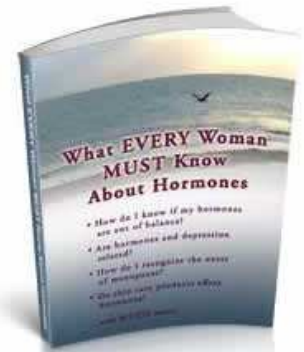


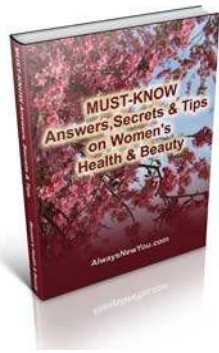
Must Have Resource Books For Women Who Are Serious About Looking And Feeling Their Best



What Every Woman Must Know About Hormones is an easy to navigate guide for any women who has experienced the physical and emotional ramifications of hormonal imbalance. It provides an easy to understand framework for not only identifying what major female hormones are involved, and how they work, but explains the myriad of symptoms that any woman can experience while in hormonal flux. It does not matter if you are experiencing PMS, Perimenopause or Menopause; there is help here for everyone.



This book offers a well balanced presentation discussing both the pros and cons of different treatment modalities so that the reader can make well informed choices. Balancing hormones can be complicated and often challenging, so it is important to be patient.



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