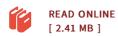




4 Steps to Natural Menopause Relief: An Effective Plan to Relieve Hot Flashes, Night Sweats, Insomnia, and Other Common Menopause Symptoms (Paperback)

By Cristina Villa Cantu

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Natural medicine has become a very popular choice for women looking to relieve the symptoms of menopause because of its low side effect profile, its widespread availability, and its consistent effectiveness. In 4 Steps to Natural Menopause Relief, a professional alternative medicine practitioner outlines the most effective natural medicine techniques that have been successful for hundreds of women going through menopause. The author presents these techniques as steps, emphasizing that none are a prerequisite for the other but work best when practiced together. The steps are simple to understand with easy explanations devoid of hard to pronounce words, exotic therapies, and difficult scientific processes. Instead the author focuses on giving the reader tangible steps to take, asserting: This guide is about giving you options you can find anywhere. I don't want to blow your mind with what you could include that may work, but rather introduce you to what you should include that will likely benefit you. Complete with testimonials from the author's own clients, this short guide proves to be useful in helping women manage the...



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