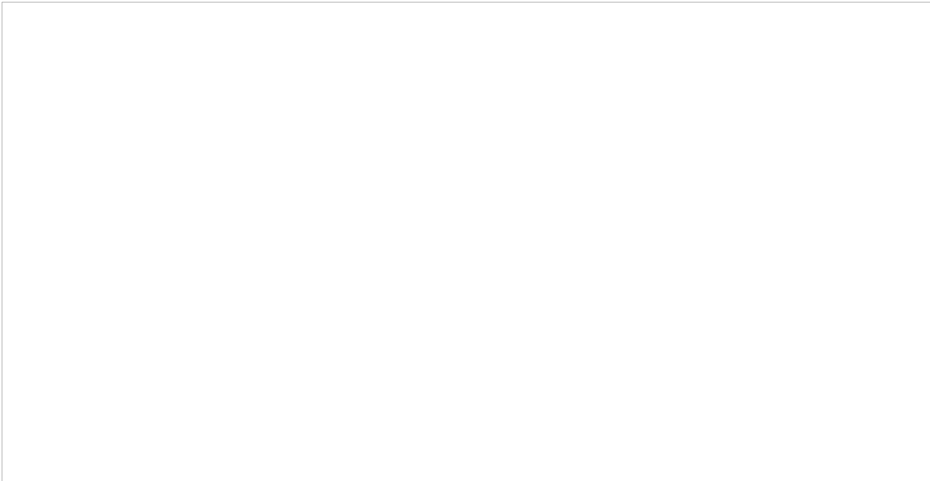


[PDF] Before The Change: Taking Charge Of Your Perimenopause

Ann Louise Gittleman - pdf download free book



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Description:

Review "Loaded with exactly the kind of information women need to support their bodies during perimenopause." (Christiane Northrup M.D., author of Women's Bodies, Women's Wisdom)

"The best book ...on cooperating with nature as your body shifts gears in preparation for the powerful menopausal years." (Joan Borysenko, Ph.D., author of Minding the Body, Mending the Mind and A Woman's Book of Life)

"Before the Change is very readable, and its helpfulness is increased by its resource lists and product recommendations." (Natural Health)

About the Author

Ann Louise Gittleman is an award-winning author of thirty books and a highly respected health pioneer. She has appeared on 20/20, Dr. Phil, The View, Good Morning America, Extra!, Good Day New York, CNN, PBS, CBS, NBC, MSNBC, CBN, FOX News, and the BBC. Her work has been featured in national publications including Time; Newsweek; Harper's Bazaar; O, The Oprah Magazine; Seventeen; Fitness; Cosmopolitan; Parade; USA Weekend; Woman's World; the New York Times; and the Los Angeles Times. Gittleman has been recognized as one of the top ten nutritionists in the country by Self magazine and has received the American Medical Writers Association award for excellence.

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Take charge of your perimenopause simply, safely, and naturally! This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself. By following the author's proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through this vital phase of your life.Â Before the Change. .clearly explains the symptoms of perimenopause and offers a selfâ€“diagnosis quiz; .details safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs and natural hormones.gives you a powerful Changing Diet, with tips and recipes for foods that prevent and alleviate symptoms. Before the Change: Taking has been added to your Cart. Add gift options. Buy usedÂ â€œLoaded with exactly the kind of information women need to support their bodies during perimenopause.â€ (Christiane Northrup M.D., author of Women's Bodies, Women's Wisdom). â€œThe best book ...on cooperating with nature as your body shifts gears in preparation for the powerful menopausal years.â€ The New York Times bestseller Before the Change, the popular alternative guide for taking charge of your perimenopause, is now available in a revised and updated edition. Filled with new research, including the latest information on Hormone Replacement Therapy, mood swings, weight gain, and nutrition for women thirty-five and older, Before the Change offers a gentle, proven program for your bodyâ€™s changes and controlling your perimenopausal symptoms. Inside youâ€™ll find: A clear explanation of perimenopause symptoms and a self-diagnosis quiz. Safe and natural alternatives to hormone therapy, in