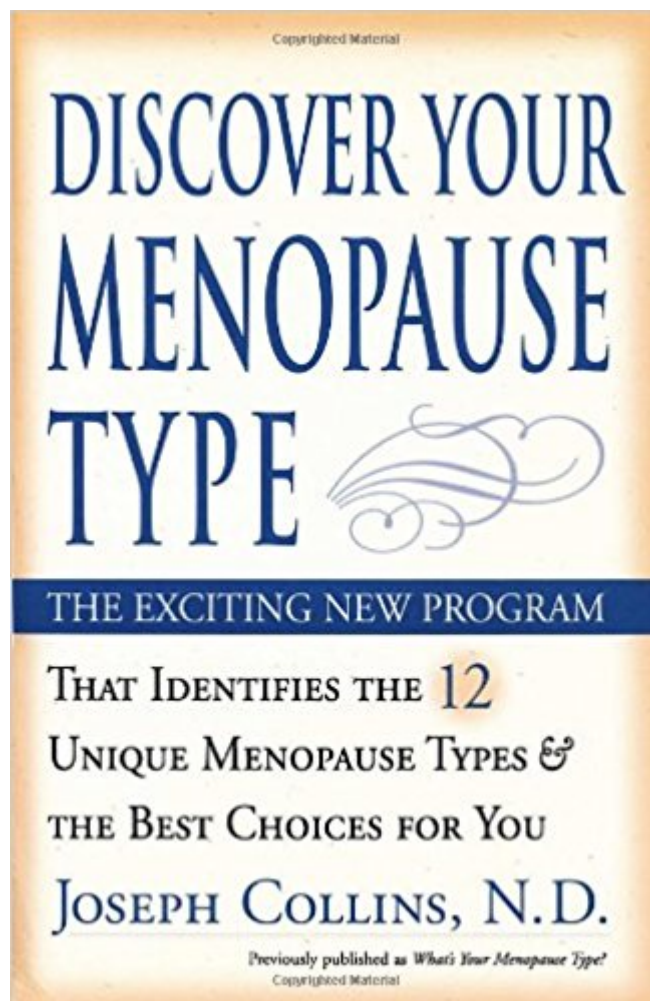




The book was found

# Discover Your Menopause Type



## Synopsis

Take Charge of Your Menopause! This groundbreaking book is the first to reveal 12 distinct menopause types and how best to treat each gives you the information you need to take charge of this challenging and sensitive life stage. Inside, Dr. Joseph Collins demolishes the "one size fits all" philosophy of menopause treatment, revealing that there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. Inside, you'll discover:

- Natural & Conventional treatments that are best for you
- Necessary nutrients for a healthy menopause
- How to weigh the risks and benefits of Hormone-replacement therapy
- And much, much more

"At last, a well-referenced resource on the advantages of natural versus synthetic hormone-replacement therapy."

• Dana Reed-Kane, Pharm.D., F.A.C.A., F.I.A.C.P.

"Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause."

• Luana Stone, menopause patient

## Book Information

Paperback: 416 pages

Publisher: Harmony; 2nd ed. edition (March 2002)

Language: English

ISBN-10: 076153749X

ISBN-13: 978-0761537496

Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 16 customer reviews

Best Sellers Rank: #977,441 in Books (See Top 100 in Books) #51 in Books > Health, Fitness & Dieting > Women's Health > Menopause #152 in Books > Health, Fitness & Dieting > Aging > Medical Conditions & Diseases #2343 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

"At last, a well-referenced resource on the advantages of natural versus synthetic hormone-replacement therapy."

• Dana Reed-Kane, Pharm.D., F.A.C.A., F.I.A.C.P.

"Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause."

• Luana Stone, menopause patient

**Take Charge of Your Menopause!** This groundbreaking book--the first to reveal 12 distinct menopause types and how best to treat each--gives you the information you need to take charge of this challenging and sensitive life stage. Inside, Dr. Joseph Collins demolishes the "one size fits all" philosophy of menopause treatment, revealing that there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. Inside, you'll discover: -Natural & Conventional treatments that are best for you -Necessary nutrients for a healthy menopause -How to weigh the risks and benefits of Hormone-replacement therapy -And much, much more "At last, a well-referenced resource on the advantages of natural versus synthetic hormone-replacement therapy."--Dana Reed-Kane, Pharm.D., F.A.C.A., F.I.A.C.P. "Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause."--Luana Stone, menopause patient

This book I swear saved my life and I've passed it on to so many women. **EVERY WOMEN NEEDS THIS BOOK!** Just knowing what I learned from this took a lot of stress away. Once you learn your "menopause type" you get a step by step instruction on which herbs and vitamins you are in need of and what will benefit you. All natural is the way to go. For me it was on the money and the changes were immediate like night & day. Thank you J Collins for making this book happen. **LADIES BUY THIS BOOK!** We do not have to suffer from menopause anymore. This will give you back control.

I have been struggling with surgical menopause and cannot take hormone replacements over the past year. The questionnaire is **VERY** thorough. After finding my type and reading the description, I honestly cried. It was so spot on. I feel like I have been suffering silently and doctors have not been helpful, or think it's in my head. He provides many great natural treatments to help your body function the way it should, and eventually restore balance to the endocrine system.

This book outlines the different things that women experience beautifully that isn't told to them. How many of us think we are going crazy only to find we have to keep digging until we find out what took over our bodies! Great job Collins for understanding a woman's frustrating world! The math test is a bit confusing and mine came up different than the actual blood tests I got done but this book gave me a foundation to absorb what is going on to make an educated decision on how I could tackle my symptoms.

Difficult to work through and the information given is only minimally useful if you are able to manage that daunting task. All roads lead to medical attention and if you bought this book, it was probably to escape that route to begin with.

Should be a "must to have home" book for every menopausal women. Perhaps the herbal advices could be hard if you'd never been into that before. But searching on the net or contacting a good nutritionniste should probably get you the right combinations just for your problems! I'm not there myself yet but keeping up with monitoring my symptoms and I'm glad I found this book with valuable help.

I ordered the book because I wanted to sell their products. I was helped a few years back when I had a large number of hot flashes. When I felt better, I needed to learn how to help others. The book is a great read and eye opener. I recommend it to others.

This book gave me the knowledge I needed to understand my unique menopause journey. There is no other book out there like it. I highly recommend it.

I found the first half of book very interesting, it was very gripping and i felt i couldnt put the book down and then when it got to the testing part of book, i was totally lost. I found it very confusing and actually stopped reading at this point. Not what i thought it was going to be.!!!!!!!

[Download to continue reading...](#)

BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book)

Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ...

DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) What's Your Menopause Type? The Revolutionary Program to Restore Balance and reduce Discomforts of Menopause BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight Fast, Look Healthy With Your Blood Type O, A, B And AB Discover Your Menopause Type Eat Right 4 Your

Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4  
Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet Eat  
Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet  
Eat Right 4 Your Type Personalized Cookbook Type AB: 150+ Healthy Recipes For Your Blood  
Type Diet Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to  
Eat According to Your Blood Type BLOOD TYPE DIET: EAT RIGHT FOR YOUR BLOOD TYPE  
FOOD AND SUPPLEMENTS FOR TYPE A BLOOD TYPE DIET: EAT RIGHT FOR YOUR BLOOD  
TYPE FOOD AND SUPPLEMENTS FOR TYPE O The Perfect Menopause: 7 Steps to the Best  
Time of Your Life [ THE PERFECT MENOPAUSE: 7 STEPS TO THE BEST TIME OF YOUR LIFE ]  
by Hess, Henry M. ( Author ) May-01-2008 Paperback The Everything Guide to Managing Type 2  
Diabetes: From Diagnosis to Diet, All You Need to Live a Healthy, Active Life with Type 2 Diabetes -  
Find Out ... Your Diet and Discover the Latest Treatments Step by Step passing the EPA 608  
certification exam, including the Core, Type I, Type II, and Type III test with practice questions  
British Guided Missile Destroyers: County-class, Type 82, Type 42 and Type 45 (New Vanguard)  
The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems  
The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During  
Menopause

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)