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This guide, for women in their late thirties to late fifties, is meant to demystify the menopause condition, symptoms, remedies, side effects, and emotional impact. The information about remedies includes both traditional and alternative treatments. The author stresses the benefits of good nutrition and fitness.

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The "Complete Idiot's Guide to Menopause" is divided into seven parts: 1) Enter Primetime; 2) Midlife Metamorphoses; 3) Ch-Ch-Changes: Menopause Symptoms; 4) HRT or No HRT, That's the Question; 5) Menopause Treatment au Naturel; 6) Self-Care While You're Going Through Menopause; and 7) Vibrant, Feminine, Wise, and Wonderful.

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In this 'Complete Idiot's Guide', you get:-An introduction to the tools of the trade, including needles, magnets and exercise.-The lowdown on what to expect at your first treatment, and how to relax and enjoy it.-Treatments for everything from acne to menopause.-Words of wisdom, plus warnings and definitions to make the acu-path easy to follow.

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Explains the cycles of a woman's life, and provides information on topics such as hormone replacement therapy, natural remedies, and metabolic changes.

Furnishes a clear, decisive approach to unlocking the secrets of a longer and healthier life, with guidelines on diet, exercise, and nutritional supplements; tips on avoiding such longevity-threatening lifestyle choices as bad relationships, stress, and insomnia; and advice on eliminating everyday toxins and promoting a positive attitude. Original.

You ' re no idiot, of course. You know life is a journey and that physical birth and death are its points of transition. Many people, across cultures and faiths, believe the spirit lives on—and have experienced contact with the spirits of loved ones who have passed to the higher side. This contact is joyous, comforting, and healing—but you wonder if it ' s really real and whether you can share in it, too. Don ' t give up the spirit! The Complete Idiot ' s Guide® to Communicating with Spirits will show you exactly how to uncover your own mediumistic capabilities and connect with those no longer on the earth plane. In this Complete Idiot ' s Guide®, you get: --Tips on how to connect with your personal divine energy through prayer, meditation, and dreams.

--Information on the birth of the human soul—as perceived through theological, metaphysical, and spiritual viewpoints. --Exercises to help you develop your mediumistic abilities. --Tangible evidence of the continuity of life as presented through the experiences and spirit drawings of medium Rita S. Berkowitz.

Why do so many people feel tired all the time? What factors in our lives conspire to sap our energy and overwhelm us with fatigue? How can we avoid this syndrome and regain our vitality? The answers are in The Complete Idiot's Guide to Fighting Fatigue. Healthcare professional and scientific researcher Nadine Saubers

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explores the common causes of fatigue - both physical and emotional-and shares the most effective ways to prevent and combat this seemingly universal condition. Written in the accessible but authoritative style for which Complete Idiot's Guides are known, this helpful book includes important information on- How to recognize the warning signs of systemic fatigue or serious physical conditions that may require medical treatment. Lifestyle issues such as stress, anxiety, depression, and overextension that can cause fatigue. Lifestyle solutions such as proper diet, regular exercise, adequate sleep, time management, and time off. Real-world tactics for making small changes that can make a big difference in energy level. A full range of alternative therapies such as acupuncture, yoga, and dietary supplements that can help when lifestyle solutions aren't enough. With a full resource section for further information, this is the book that will help readers regain the energy and enthusiasm for life they seek.

This book is for anyone interested in health, fitness, or the healing arts. It teaches you the basics of stretching, breathing, and meditation, with exercises designed to help you relax, become more flexible, more productive, and more self-satisfied.

From diet to peels-a complete picture. A skin-care expert and a medical writer provide readers with a lifelong plan for good skin. With advice for everyone from teens to seniors, they cover such topics as the importance of diet, exercise, and water intake; which "cosmeceuticals" and pharmaceuticals really work; and treatments for problems such as aging, sun damage, acne, pregnancy masks, menopause, rosacea, and more. * 17 million Americans over the age of 18 suffer from acne * Botox injections are up 553% since 1992-the third most popular plastic surgery procedure in 2001 after breast augmentation and liposuction * Full skin care regimen and treatment options for all types of skin-for both women and men.

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This guide is for breast cancer patients, their spouses and children, and their families, co-workers, and friends. The author hopes to answer the practical, everyday life questions that every breast cancer patient or loved one has. The book provides information, recommendations, tips, and inspiration for everything from that first biopsy to the five-year check-up.

Provides information about homeopathic medicine, including what it is, how it works, what it can be used for, how to incorporate it into conventional treatment programs, and how to find a homeopath.

Staying focused on one of life's greatest pleasures ... From setting the stage and setting aside "sex time" to natural and chemical stimulants and enhancers to a wide variety of mechanical and visual erotic aids, this guide offers expert advice from two noted sex therapists. It helps couples overcome busy schedules, fatigue, and distractions-and keep sexual desire not only alive and well but charged with total satisfaction.

Discusses the history, practice and technique, treatments, and theories of acupuncture and acupressure.

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