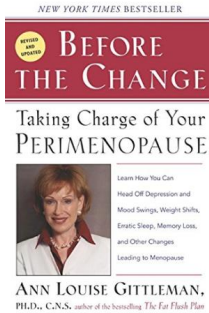


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## BEFORE THE CHANGE: TAKING CHARGE OF YOUR PERIMENOPAUSE



HarperCollins Publishers Inc, United States, 2004. Paperback. Book Condition: New. Revised edition. 201 x 135 mm. Language: English . Brand New Book. From renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated guide to taking charge of your perimenopause. Filled with the latest research as well as practical tips and menus, Gittleman also incorporates timely information, especially pertaining to Hormone Replacement Therapy. Learn How You Can head off Depression and Mood Swings, Weight Shifts,...

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- Authored by Ann Louise Gittleman
- Released at 2004



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