



# **The Menopause Maze: The Complete Guide to Conventional, Complementary and Self-Help Options**

*Dr Megan A. Arroll, Liz Eftong*

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"Hot flushes, night sweats, insomnia... How on earth do I cope with symptoms of the menopause?" There is no single answer to this question.

Based on up-to-date research, this book provides an honest account of the pros and cons of the different options for managing the menopause so that you can make an informed decision about the best approach for your particular situation. It covers hormone replacement therapy (HRT), bioidentical HRT, medication, lifestyle, nutrition, and complementary therapies, from acupuncture and reflexology to tai chi and yoga.

This is everything you need to know about the issues you may face during the perimenopause and menopause, how to support your body as the changes start, and the conventional, alternative and self-help therapies that can ease your symptoms.

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