



# Your Perfectly Pampered Menopause: Health, Beauty, and Lifestyle Advice for the Best Years of Your Life

By Colette Bouchez

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## **Your Perfectly Pampered Menopause: Health, Beauty, and Lifestyle Advice for the Best Years of Your Life** By Colette Bouchez

A fun and fabulous health guide for living well at midlife—no prescription required!

Menopause can be a difficult and confusing time--but it doesn't have to be. *Your Perfectly Pampered Menopause* has the answers that make the difference, with a clear-cut plan that shows you how to look and feel better now than ever before.

Culling advice from leading medical experts, award-winning reporter Colette Bouchez dispenses the latest news on everything from hot flashes, insomnia, and dysfunctional bleeding to incontinence, bone health, weight control, and more. She explores the latest buzz on HRT, natural hormones, and the newest prescription drugs, as well as the latest in natural and traditional care for a truly *comprehensive* guide to midlife health.

But she also brings you advice from top beauty and lifestyle experts and clues you in on everything from anti-aging skin and hair care to the hottest news in midlife nutrition (including an anti-hot-flash diet!), divine new relaxation techniques, optimal exercise and dieting secrets, and putting the kick back into your sex life!

With this complete guide to taking care of yourself now and in the future you'll discover how midlife can be the best time of your life!

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## Your Perfectly Pampered Menopause: Health, Beauty, and Lifestyle Advice for the Best Years of Your Life By Colette Bouchez Bibliography

- Sales Rank: #1034827 in Books
- Published on: 2005-04-05
- Released on: 2005-04-05
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .88" w x 5.50" l, 1.07 pounds
- Binding: Paperback
- 384 pages

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