



The Perfect Menopause: 7 Steps to the Best Time of Your Life

Dr. Henry M. Hess

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Praise for *The Perfect Menopause*:

'Finally, women have a scientifically accurate and up-to-date resource on menopause!' --Tara Allmen, MD, Columbia University College of Physicians & Surgeons, Center for Menopause

'Dr. Hess provides a great deal of information and wise advice. Menopausal women will find answers to their questions and solutions to their problems in this easily read presentation of the variety of approaches now available.' --Philip Sarrel, MD, Professor Emeritus of OB/GYN and Psychiatry, Yale University School of Medicine

In *The Perfect Menopause*, Dr. Henry Hess provides options for complete solutions by blending natural and traditional medicine. If you have hot flashes, night sweats, mood changes, weight gain, aches, forgetfulness, decreased sexual desire, dryness, or poor sleep--don't do anything until you read this book!

Find up-to-date, safe, and effective solutions in this well-organized and easy-to-read book, using all the best from natural therapies, medical therapies, and bioidentical hormones.

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