



# Perimenopause: How to Create A Healthy Physical & Emotional Life During the Change

*Heather Rose*

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Perimenopause--one of women's most deterred words. It's quite understandable, though, as experiencing perimenopause will bring a lot of changes to a woman's body. Some women are lucky not to have those symptoms meddle with their lives, but some aren't so fortunate; their loved ones also have to adapt to the changes - especially about those mood swings - that they face. But it does not have to be this way. In the new book, *Perimenopause : How to Create A Healthy Physical & Emotional Life During the Change*, you will be armed with knowledge on how to get your body and mind back on track safely and turn your perimenopause into an enjoyable phase in your life. Discover: How to plan the perfect perimenopause diet plan. How to nurture your mental factors like sleep, mood and memory. How to use hormone balance therapy the right way, if you want. How to protect your bone, pelvic health and breasts Standard supplements for perimenopause and much much more. Your life is about to change for the better. You can feel great, be vibrant, healthy and sexy!. This book :- *Perimenopause : How to Create a Healthy Physical & Emotional Life during the Change* will show you how.

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