

menopausal health wisdom



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(Emie Wuckert)*

MENOPAUSAL HEALTH WISDOM



paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Publisher: Guangxi Science and Technology Press Pub. Date: 2008 -03-01. students to go through a number of physiological stage and their life in menopause is a very important turning point. Understanding of women. especially menopausal women prone to physical characteristics and menopause problems and common diseases. menopausal women can help themselves correctly understand and treat this period of discomfort. This book not only in Chinese and Western medicine on the basis of prevention and treatment of menopausal syndrome. menopause for women s physiological and psychological characteristics. made concrete and feasible measures of psychological adjustment. citing the appropriate therapeutic side of menopausal women and targeted therapy drugs. also introduced a number of specific methods of health care and nursed back to health. sexual life for menopause prone to bias. but also gives the correct measures. Contents: Chapter 1 to know our beautiful body of division 1 women s menstrual cycles composed of 4 2 female genital physiological function of ovarian estrogen and progesterone 6 7 8 ovarian reproductive endocrine axis of the cyclical changes in production and features 10 period 12 the concept of menopause menopause tips 13 Chapter 15 16 menopause know menopause is divided into three stages of menopause gonadal axis to change 17 19 21 menopausal changes menopausal ovarian uterine changes in menopausal vaginal changes 22 24 25 menopause menopause understanding Chapter 28 of the check points prone to problems of menopause hot flashes. sweating 31 33 32 palpitations. insomnia. palpitation. forgetfulness 35 body hair change 39 change 37 40 change menstrual disorders. skin and dysfunctional uterine bleeding 42 44 46 osteoarthritis. urinary tract infection 47 Presbyopia Chapter 48 common symptoms of menopause menopause depression 52 51...



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