



# Before the Change: Taking Charge of Your Perimenopause

*Ann Louise Gittleman*

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**Before the Change: Taking Charge of Your Perimenopause** Ann Louise Gittleman

**From renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated guide to taking charge of your perimenopause. Filled with the latest research as well as practical tips and menus, Gittleman also incorporates timely information, especially pertaining to Hormone Replacement Therapy.**

Learn How You Can head off Depression and Mood Swings, Weight Shifts, Erratic Sleep, Memory Loss, and Other Changes Leading to Menopause.

Take charge of your perimenopause simply, safely, and naturally! This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself. By following the author's proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through this vital phase of your life.

With this essential do-it-yourself program, you can say good-bye to hormone havoc and sail through your perimenopause, the period of about ten years leading up to menopause, by understanding and controlling its symptoms.

*Before the Change.*

.clearly explains the symptoms of perimenopause and offers a self-diagnosis quiz;

.details safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs and natural hormones.gives you a powerful Changing Diet, with tips and recipes for foods that prevent and alleviate symptoms

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This Before the Change: Taking Charge of Your Perimenopause book is not really ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is definitely information inside this book incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This Before the Change: Taking Charge of Your Perimenopause without we understand teach the one who reading it become critical in imagining and analyzing. Don't always be worry Before the Change: Taking Charge of Your Perimenopause can bring any time you are and not make your handbag space or bookshelves' turn into full because you can have it inside your lovely laptop even telephone. This Before the Change: Taking Charge of Your Perimenopause having good arrangement in word and also layout, so you will not really feel uninterested in reading.

#### **Joel Kiser:**

Reading can called brain hangout, why? Because if you are reading a book particularly book entitled Before the Change: Taking Charge of Your Perimenopause your mind will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely can be your mind friends. Imaging every single word written in a e-book then become one form conclusion and explanation which maybe you never get just before. The Before the Change: Taking Charge of Your Perimenopause giving you another experience more than blown away your thoughts but also giving you useful information for your better life in this particular era. So now let us demonstrate the relaxing pattern at this point is your body and mind will be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary spending spare time activity?

#### **Lettie Perez:**

Are you kind of active person, only have 10 or maybe 15 minute in your morning to upgrading your mind talent or thinking skill perhaps analytical thinking? Then you have problem with the book than can satisfy your short time to read it because this all time you only find book that need more time to be examine. Before the Change: Taking Charge of Your Perimenopause can be your answer given it can be read by anyone who have those short free time problems.

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