



**[(Understanding Menopause & HRT)] [By
(author) Anne MacGregor] [January, 2010]**



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An invaluable guide for every woman seeking to take charge of her own body at a time of critical change. Many women approaching the 'change of life' fear the upsets and disturbances. Others look forward to new-found freedoms. Most women adjust to the menopause easily, but still need to know what is happening and how to cope. For many women hormone replacement therapy is the answer; for others it is not. Dr Anne MacGregor explains the hormonal changes which cause the menopause and clearly sets out the pros and cons of HRT.

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