



Your Menopause, Your Menotype : Find Your Type and Free Yourself from the Symptoms of Menopause

Angela Stengler, Mark Stengler

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For women seeking an alternative to HRT, this book offers individualized natural treatment options for the symptoms of menopause.

All too often, doctors who practice traditional medicine are quick to prescribe HRT as the only way to treat menopause, when, in fact, as recent studies have shown, it is often ineffective and unnecessary. Naturopathic doctors Angela and Mark Stengler show women how to determine their "menotype" based on their own unique combination of physical and emotional symptoms, heredity, diet, and lifestyle. This book grants women the critical information they need not only to safely and naturally treat their menopausal symptoms, but also to help them avoid other age-related disorders such as osteoporosis. AUTHORBIO: Angela Stengler, N.D., is the host of a weekly health radio program and the coauthor of *Your Vital Child*.

Mark Stengler, N.D., is the author of *The Natural Physician's Healing Therapies*.

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