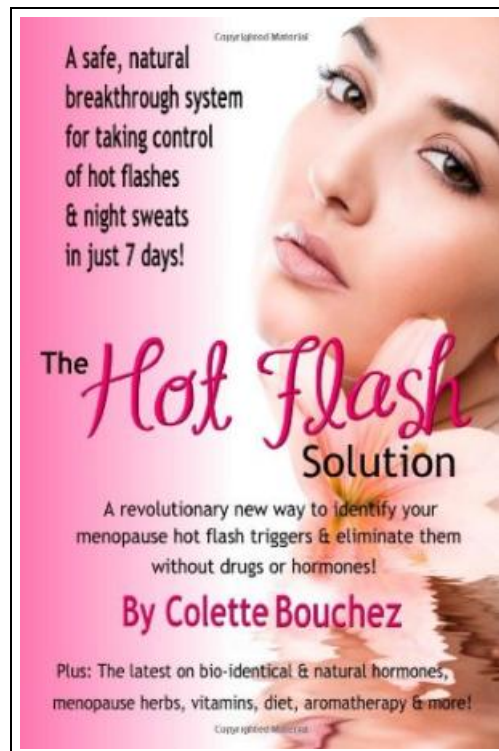


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Createspace, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Say goodbye to hot flashes and night sweats in as little as 7 days with The Hot Flash Solution - a breakthrough all natural system developed by award- winning WebMD journalist and healthy lifestyle author Colette Bouchez! Part One includes your free Hot Flash Solutions Lifestyle Diary - a system designed to identify and track hot flashes - and help you eliminate them! In Part Two you ll find the facts about bio-identical hormones (with important safety data you won t want to miss) plus a guide to the safest, medically proven natural hot flash therapies including: * Supplements Vitamins * Black cohosh * Red clover, * Aromatherapy * Acupuncture, * Yoga * Relaxation Techniques * PLUS A BONUS: The Hot Flash Diet Find out why Steven Goldstein, MD, Professor of OB/GYN at NYU-Langone Medical Center and a menopause expert calls this book .the system that really works! UPDATED PUBLICATION DATE: MARCH 2009.

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