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Megan A. Arroll and Liz Efiiong have written a very comprehensive guide to the menopause. The information given should make it easier and less confusing to make an informed decision on what action to take. -- From the Foreword by Dr John Moran, Medical Director of Holistic Medical Clinic and Specialist in Menopause and Nutritional Medicine

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The menopause is a natural part of ageing that usually occurs between 45 and 55 years of age, as a woman's oestrogen levels decline. In the UK, the average age for a woman to reach the menopause is 51. But around 1 in 100 women experience the menopause before 40 years of age. This is known as premature menopause or premature ovarian insufficiency.

Menopause - NHS

The first sign of the menopause is usually a change in the normal pattern of your periods. You may start having either unusually light

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or heavy periods. The frequency of your periods may also be affected. You may have them every 2 or 3 weeks, or you may not have them for months at a time.

Menopause - Symptoms - NHS

The Complete Guide to the Menopause. Your Toolkit to Take Control, Be Empowered and Achieve Life-Long Health. Annice Mukherjee; Formats & editions. EBook. 28 Jan 2021. Tr. Paperback. 28 Jan 2021.

The Complete Guide to the Menopause by Annice Mukherjee ...

Your ovaries no longer make estrogen and progesterone, two hormones needed for fertility. Your periods have stopped for 1 year. Menopause happens naturally with age. But it can also stem from...

Menopause: When It Begins, Symptoms, Stages, Treatment

Menopause: Occurs when estrogen production declines to the point that the ovaries stop releasing eggs and menstruation stops A woman is considered to have gone through menopause when she's stopped menstruating for 12 months or longer. At this point, she'll likely be deemed post-menopausal by her physician.

Menopause Supplements: The Complete Guide - Better Body Co.

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The Menopause Book - The Complete Guide

The Wisdom Of Menopause: The complete guide to physical and emotional health during the change by Northrup, Christiane at AbeBooks.co.uk - ISBN 10: 0749922141 - ISBN 13: 9780749922146 - Piatkus - 2001 - Softcover

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