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process, so you can enjoy your body and your sexuality as you age.*

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well, knowledge is power, and Making Friends with the Menopause will give you a greater understanding of the process, so you can enjoy your body and your sexuality as you age.

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Written with warmth and humour, Making Friends with the Menopause examines why stopping menstruating has such profound hormonal shifts in the body, leading us to react in a myriad of ways physically and mentally. It gives practical advice on hot flushes and night sweats, anxiety

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and mood swings, muscular aches and loss of libido, early onset menopause, hysterectomy and more, plus an overview of each stage of the process so you'll know what to expect in the years before, during and after.

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~~Sarah Rayner~~ Author

Welcome to Making Friends with the Menopause, a warm, supportive group which provides a space for anyone affected by the menopause to share their experiences, tips and ask questions. We hope that here in this group you are able to air feelings and

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Speak candidly, learning about issues
which you may feel self-conscious
about discussing elsewhere.

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Reflecting The New Nice
Guidelines

Making Friends with the Menopause is
a clear and concise book that will help

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you to manage all aspects of the menopause. You'll learn why hormonal change and stopping your period causes so much disruption in the body. The book is full of helpful, practical, tips to get you back on track and feeling better. Key Benefits:

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Live Better With Menopause~~
Making Friends With Menopause. by
Maria Nadel | May 24, 2017 | Health |
0 comments. Ok ladies, we need to
talk night sweats, mood swings and all
that comes with this beautifully messy
stage of our lives at some point –

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menopause or even pre-menopause.

Comforting Guide To
~~Making Friends With Menopause~~
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~~Using All Natural Ways~~

Making Friends with Menopause.
Addressing Your Skin in Transition. By
Linda Knittel. Originally published in
Skin Deep. Looking good for your age

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Menopause is desirable no matter what your chronology, but maintaining a youthful appearance after you've hit menopause is enviable. And the 40 million or so potential clients out there who are going through ...

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MassageTherapy.com

The menopause can put the closest friendships under intense pressure. Find out why this happens – plus how to hang on to the people who really matter. Maintaining emotional closeness with friends may help tackle the mood swings and anxieties of the

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menopause. Photo posed by model.

~~Does menopause affect friendships?~~
Saga

Whether you're worried about feeling invisible, weight gain or loss of fertility, or simply want to take care of yourself well, knowledge is power, and Making

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The menopause is a natural part of

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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

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menopause or premature ovarian
insufficiency.

~~Menopause - NHS~~

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It can also be other menopausal
friends, and this is something that
does come up. If your other friends

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who're going through the menopause have maybe not had such a toughest time that you have, then again, they may be less supportive of you. We've had some women who've had friends saying, you know, "What on earth is wrong with you? Just get a grip.

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~~Does menopause affect friendships? |~~

~~A. Vogel Talks Menopause~~

My experience of the menopause may have been sudden and unexpected but I believe it's a fair reflection of what many women go through. It's not exactly a taboo subject but it is something that women don't always

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feel comfortable talking about, and
certainly not a lot of men.

~~Dealing with the menopause... —~~

~~Sluggo O'Toole~~

Complementary and alternative
treatments, such as herbal remedies
and bioidentical ("natural") hormones,

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aren't recommended for symptoms of the menopause, because it's generally unclear how safe and effective they are. Some remedies can also interact with other medications and cause side effects.

Menopause Treatment NHS

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Menopause begins in the late 40s or early 50s for most women. It usually lasts for a few years. During this time, at least two-thirds of women experience symptoms of menopause (1). These include hot ...

~~11 Natural Ways to Reduce Symptoms~~

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events, new releases and book-related chat.

~~Making Friends with Anxiety | Sarah Rayner - Author~~

Next week's column is all about how to make friends with your menopause, take control of your symptoms and

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start living your life to the full. The menopause is a natural process in a woman's life and NOT an illness! Unfortunately some women experience unpleasant symptoms that can make them feel rather unwell. But there are many things that we can do naturally to allow our bodies transition

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through this time of the life in a more gentle and healthy way.

~~Nutritionist Minna Wood Bracknell;~~

~~Event: Menopause ...~~

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