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Complete Idiot's Guide to Menopause: Dr. Maureen Pelletier

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rememdiies includes both traditional and alternative treatments.

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menopause, and, finally, postmenopause: Perimenopause: Literally, “around menopause.” The years before menopause when hormones fluctuate and periods are irregular. Perimenopause can last up to 10 years before periods stop, but normally the symptoms last only four or five years.

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