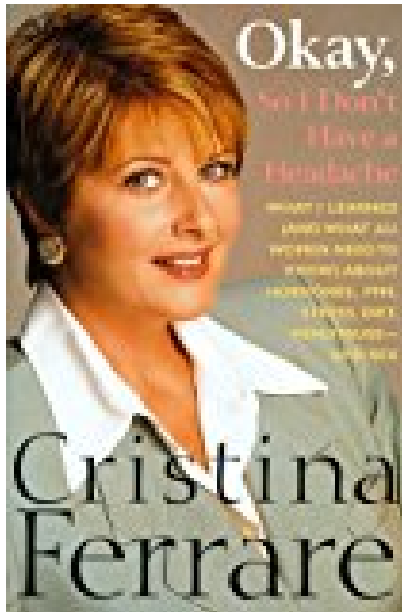


Okay So I Dont Have a Headache



BOOK DETAILS

- Author : Cristina Ferrare
- Pages : 177 Pages
- Publisher : St. Martins Press
- Language : English
- ISBN : 1582380295



BOOK SYNOPSIS

Based on interviews with leading specialists as well as her own personal experience, an author frankly discusses menopause and hormone therapy and includes a series of recipes, exercises, and meditations designed to balance out-of-whack hormones. Reprint.

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