

Could It Be...Perimenopause?: How Women 35-50 Can Overcome Forgetfulness, Mood Swings, Insomnia, Weight Gain, Sexual Dysfunction And Other Telltale Signs Of Hormonal Imbalance By Steven R. Goldstein

By Steven R. Goldstein

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How Women 35-50 Can Overcome Forgetfulness, Mood Swings, Insomnia, Weight Gain, Sexual Dysfunction and Other Telltale Signs of Hormonal Imbalance

Steven R. Goldstein is the author of *Could It Be Perimenopause?* (3.60 avg rating, 15 ratings, 5 reviews, published 1998), *Estrogen Alternatives* (3.00 a

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How Long Does Perimenopause Last? The average length of perimenopause is 4 years, but for some women this stage may last only a few months or continue for 10 years.

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you've officially transitioned to menopause. Perimenopause is And a regular exercise routine can alleviate many of the perimenopause symptoms women

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Perimenopause is a relatively new term coined by the medical community to describe symptoms that occur as a woman moves closer to menopause. See if you can

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