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Your Change, Your Choice: The Integrated Approach to Looking and Feeling Good through the Menopause - And Beyond

Michael Dooley, Sarah Stacey

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The menopause is one of life's certainties -- what's less certain these days is how we might choose to approach it when it arrives. Until recently, HRT seemed to be the universal panacea. Now newer scientific evidence has begun to cast doubt on its efficacy and even its safety, and women everywhere are starting to rethink their options. But with a flood of conflicting messages from doctors and the media, trying to work out what the alternatives are, and what might be best for us is a headache in itself. Now this comprehensive and reassuring guide gives the answers. Top gynaecologist Michael Dooley and leading health journalist Sarah Stacey offer a unique integrated approach, combining lifestyle measures with medical and/or complementary therapies in a plan that's individually right for you. Providing the most up-to-date research on HRT and alternative therapies, they steer a clear and unbiased course through the research findings and opinions, and show you how to make an informed decision on the pathway that best suits you.

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