

The Essential Guide For Women Over 40: Fight Fat Fatigue And Hormone Havoc

Are you a woman over 40 who is struggling with weight gain, fatigue, and hormonal imbalances? If so, you're not alone. Millions of women experience these symptoms during perimenopause and menopause.

The Essential Guide For Women Over 40 is the ultimate resource for women who want to fight fat fatigue and hormone havoc. This comprehensive guide provides everything you need to know about the changes your body goes through during perimenopause and menopause, and how to manage them effectively.



It's Not You, It's Your Hormones: The essential guide for women over 40 to fight fat, fatigue and hormone havoc by Nicki Williams

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2934 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 332 pages
Lending	: Enabled



In this book, you'll learn about:

- The hormonal changes that occur during perimenopause and menopause
- The symptoms of perimenopause and menopause, including weight gain, fatigue, hot flashes, and mood swings
- How to manage your weight during perimenopause and menopause
- How to improve your energy levels during perimenopause and menopause
- How to manage your hormones during perimenopause and menopause
- Natural remedies for perimenopause and menopause symptoms

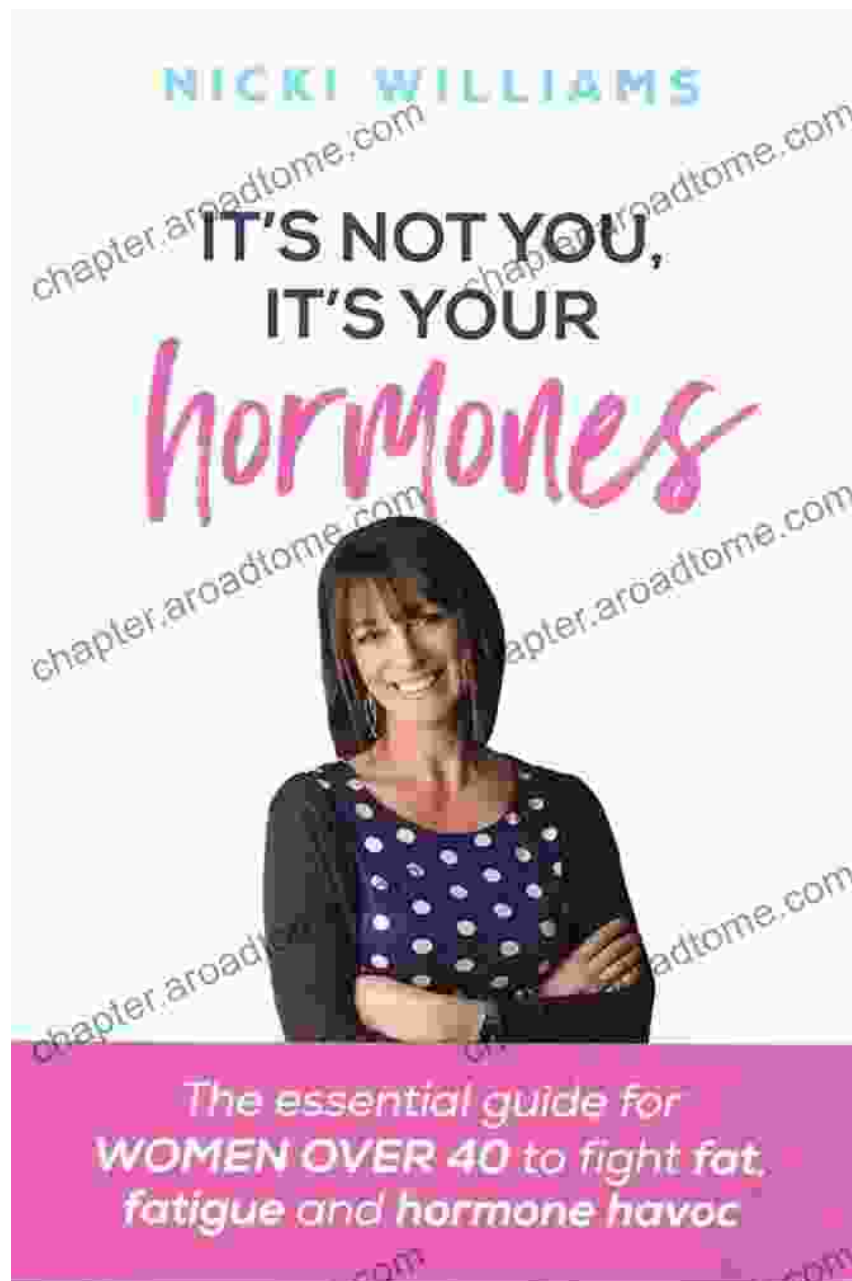
If you're a woman over 40 who is struggling with weight gain, fatigue, and hormonal imbalances, *The Essential Guide For Women Over 40* is the book for you. This comprehensive guide provides everything you need to know to fight fat fatigue and hormone havoc and take back control of your health.

Free Download your copy of *The Essential Guide For Women Over 40* today!

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About the Author

Dr. Susan Lark is a leading expert on women's health and menopause. She is the author of several books on women's health, including *The Hormone Revolution* and *The Menopause Manifesto*. Dr. Lark is also a regular contributor to *The Huffington Post* and other major media outlets.



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