

# **When Menopause Hits.(Women' Health)(Essay): An Article From: Sister Namibia [HTML] [Digital] By Laura Sasman**

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**menopause | healthywomen** - The women improved once they hit post-menopause, National Women's Health Network (NWHN) Website: Address: 1413 K Street, NW, 4th floor

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**menopausal symptoms and complementary health** - Jan 26, 2015 Studee L. Botanical and dietary supplements for mood and anxiety in menopausal women. Menopause for Specialized Women s Health; Karin

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**understanding what menopause is - women to women** - The gifts of menopause and post-menopause for women; Menopause is a developmental milestone in women s health like puberty in reverse and it s

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**menopause hot flashes symptoms, causes, and** - WebMD Home Menopause Health Center Menopause Guide. Hot flashes vary among women going through menopause. Some women have hot flashes for a very short time during

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