



Super Nutrition for Menopause: Take Control of Your Life Now and Enjoy New Vitality

Ann Louise Gittleman Ph.D. CNS

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Most women assume that hot flashes, mood swings, and vaginal dryness are a necessary part of menopause - and that all they can do is take estrogen and hope for the best. But according to nutritionist Ann Gittleman, poor eating habits, not hormone levels, are the underlying cause of menopause's unpleasant symptoms. In her career as a nutritionist, she has counseled thousands of women, and her observation that not all women experienced difficult, painful menopause inspired her to create the simple, breakthrough program in Super Nutrition for Menopause.

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