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Before the Change: Taking Charge of Your Perimenopause ...

Before the Change is very readable, and its helpfulness is increased by its resource lists and product recommendations. (Natural Health) About the Author Ann Louise Gittleman is an award-winning author of thirty books and a highly respected health pioneer.

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American natural health doyenne, Ann Louise Gittleman describes the changes women experience before the change and presents a program for countering unpleasant symptoms. . . . Before the Change is very readable, and its helpfulness is increased by its resource lists and product recommendations. (Natural Health)

Before the Change - Ann Louise Gittleman - Paperback

Before the Change offers a gentle, proven, incremental program for understanding your body's changes and controlling your symptoms during perimenopause the period of about ten years leading up to menopause to help you feel great through this vital phase of life. Inside you'll find:

Before The Change: Taking Charge Of Your Perimenopause ...

Ann Louise Gittleman, PhD., CNS, is the author of more than twenty health books, including the bestselling Fat Flush Plan and The Living Beauty Diet Program.

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Before the Change: Taking Charge of Your Perimenopause [Ann Louise Gittleman] on Amazon.com. "FREE" shipping on qualifying offers. From a renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated edition of the popular alternative guide for taking charge of your perimenopause

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Signs of Perimenopause: Dr. Phil Quizzes Ann Louise Gittleman

Author and nutritionist Anne Louise Gittleman, author of the book Before the Change: Taking Charge of Your Perimenopause, brought natural hormones into the spotlight in the mainstream media with an appearance on the Dr. Phil show. Dr. Phil's wife talked about her perimenopause experiences, and Gittleman gave specific suggestions for achieving natural hormone balance. Ann Louise Gittleman is a

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Hello, I'm Ann Louise. As a New York Times bestselling author of more than thirty books including The Fat Flush Plan series and Before the Change, I have been revolutionizing the rules of health and nutrition for more than three decades.