



# Getting Through Menopause: Solutions for Night Sweats, Hot Flashes and Weight Gain

*Haley Lynn*

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# Getting Through Menopause: Solutions for Night Sweats, Hot Flashes and Weight Gain

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## **Getting Through Menopause: Solutions for Night Sweats, Hot Flashes and Weight Gain** Haley Lynn

This is a thoroughly practical guide for menopause that you can start using today to sleep better tonight. -- Hot flashes: reduce the frequency and severity -- Subsequent cold chills: prevent these from happening -- Keep a low profile at work—several tips that you would otherwise learn by trial and error. -- Clear and reasonable advice on slowing or stopping the weight gain. -- Night sweats: short circuit them and get back to sleep -- What to tell your doctor if he refuses to prescribe hormone treatment If you want to get through menopause without learning all about biology, drastic menu changes, hearing the word ‘natural’ every third sentence or spending a fortune on herbal medications that vaguely, somewhat work, you’ve picked the right book.

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