

THE FACT SHEET

Your Fire Years

The Perimenopause and Menopause Book Your Doctor Never Read

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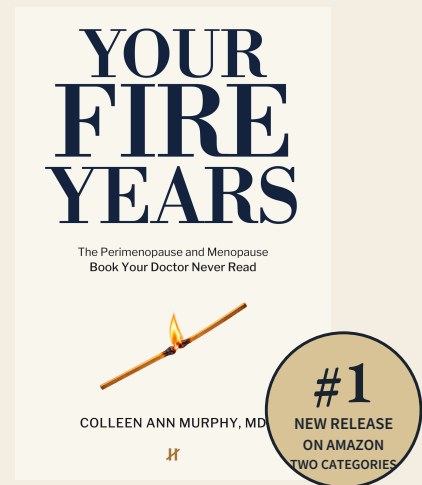
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Amazon #1 New Release

IN TWO CATEGORIES

Women's Sexual Health (paperback) · Sexuality (Kindle)

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WHAT IS INSIDE

Medical explanations, treatment options and the conversations women have been putting off. Hormones, disrupted sleep, brain fog, mood, sexual health, desire, muscle, bone and the years ahead.

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