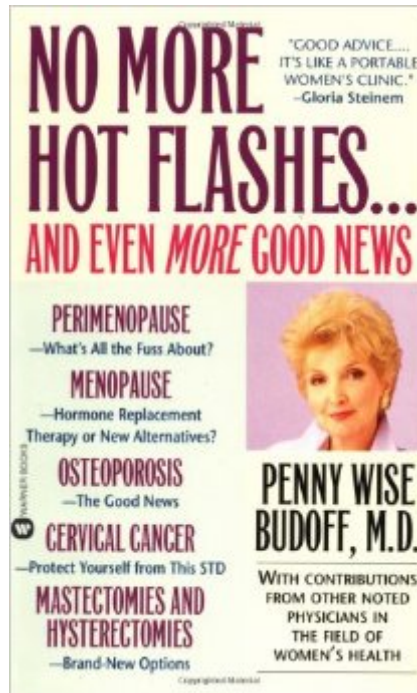


The book was found

No More Hot Flashes... And Even More Good News



Synopsis

In 1984, Dr. Penny Wise Budoff's "No More Hot Flashes and Other Good News" revolutionized America's attitude toward women's health. Now, Dr. Budoff--over 50 and post-menopausal herself--has created a new book, drawing on her work at her renowned women's health center and the knowledge and expertise of eight contributing physicians to share the latest information on perimenopause, menopause, women's surgical decisions, and more.

Book Information

Mass Market Paperback: 672 pages

Publisher: Grand Central Publishing (April 1, 1999)

Language: English

ISBN-10: 0446607800

ISBN-13: 978-0446607803

Product Dimensions: 4.2 x 1.1 x 6.8 inches

Shipping Weight: 11.7 ounces

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,720,359 in Books (See Top 100 in Books) #121 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #4102 in [Books > Health, Fitness & Dieting > Women's Health > General](#) #57979 in [Books > Parenting & Relationships](#)

Customer Reviews

If you are going to buy one book to get you through adult female issues - this is it. I had to have a hysterectomy at 46, purchased this book and followed its guidelines and information about hysterectomies. I reviewed what would be the best results for my own situation, discussed it with my doctor -- and took the supplements and other advice. My GYN said he'd never heard of the book - I bought HIM a copy - but that he had never had someone come through this surgery and 'bounce back' as quickly as I did. I have purchased and given away dozens of this book, to friends and relatives going through menopause or having a hysterectomy. buy it! You will be glad and be busy handing it out to your friends as well!

This book contains good, useful information that I was unable to find in other books on the same subject. The cautions are excellent (e.g., get a biopsy before using drug therapies) and some of the strategies that work (e.g., taking Prometrium for the first 12 days of the month) seem to be little known - my own G.P. never suggested it.

I have found this book very informative. Well written and Dr. Budoff touches all the bases of women health. Good for her.

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No More Hot Flashes... And Even More Good News Simply Good News: Why the Gospel Is News and What Makes It Good Good News, Bad News Chicken Soup for the Soul in Menopause: Living and Laughing through Hot Flashes and Hormones The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Mayo Clinic The Menopause Solution: A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy! Hot Flashes, Hormones & Your Health: Breakthrough Findings to Help You Sail Through Menopause The Hot Shoe Diaries: Big Light from Small Flashes Hot Sauce!: Techniques for Making Signature Hot Sauces, with 32 Recipes to Get You Started; Includes 60 Recipes for Using Your Hot Sauces The Snazzy Jazzy Nutcracker: Hot, Hot, Hot in 1929! Hot Hot Hot History News: The Aztec News History News: The Egyptian News Too Busy for Your Own Good: Get More Done in Less TimeWith Even More Energy Bean By Bean: A Cookbook: More than 175 Recipes for Fresh Beans, Dried Beans, Cool Beans, Hot Beans, Savory Beans, Even Sweet Beans! 555 Hot Marketing Headlines: Over 500 Advertising Headlines You Can Use Right Now to Sell More (Hot Marketing Strategies, Book 1) Tabletop Photography: Using Compact Flashes and Low-Cost Tricks to Create Professional-Looking Studio Shots The Nikon Creative Lighting System: Using the SB-600, SB-700, SB-800, SB-900, SB-910, and R1C1 Flashes The Nikon Creative Lighting System, 2nd Edition: Using the SB-600, SB-700, SB-800, SB-900, SB-910, and R1C1 Flashes The Nikon Creative Lighting System: Using the SB-600, SB-800, SB-900, and R1C1 Flashes

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