

Title:

Menopause without weight gain : the 5-step solution to manage your changing hormones

Author:

Waterhouse, Debra, author

Subject:

Menopause; Middle-aged; women Health and hygiene; Prise de poids; Weight Gain

Call Number:

618.175 WAT m

Publisher:

Thorson

Related Links:

- [Bibliographic Description](#)
- [Abstract](#)
- [Similar Documents](#)
- [Universitas Indonesia Library](#)