

# Managing Menopause Naturally: Before, During, And Forever By Emily Kane

**By Emily Kane**

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*Managing Menopause Naturally Before, During, Managing Menopause Naturally: Before, During and Forever!* menopause, women's health. by Emily A. Kane, N.D.,

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Balance your hormones. Emily Kane, ND, She is the author of *Managing Menopause Naturally* and *Ask Doctor Em*. She lives in Juneau,

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The following is an excerpt from Managing Menopause Naturally: Before During, and Forever by Emily A. Kane, ND, LAc (Basic Health Publications, New Jersey, 2004)

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BUM RAP. May 1, 2015 by Emily Kane, ND, LAc. Emily Kane, ND, She is the author of Managing Menopause Naturally.

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Managing Menopause Naturally: Before, During, and Forever. to manage this transitional phase naturally and comfortably. The back of the book contains resources and

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and then six or seven more big glasses before, during, Emily A. Kane, ND, She is the author of Managing Menopause Naturally.

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