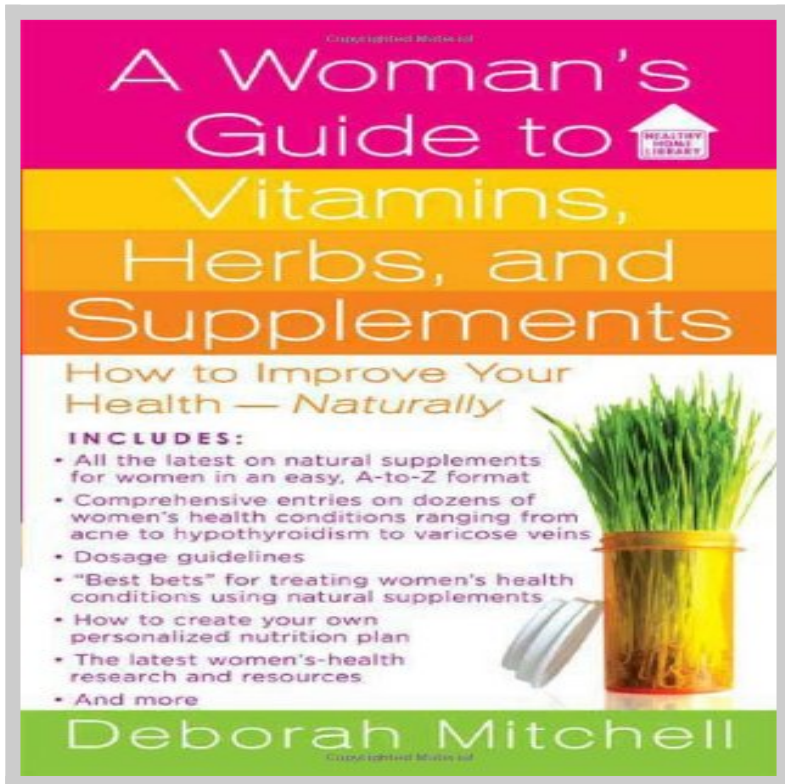


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â€¢ Comprehensive information on the health challenges today's women face throughout life, all in an easy-to-follow alphabetical format

â€¢ Useful, little-known, important information "Of Special Interest to Women" in every entry

â€¢ Guidelines on how to develop a personalized nutrition plan for women of every age and stage of life

â€¢ An overview of the state of women's health today--from heart and bone disease to breast cancer to hormonal and reproductive issues--including the latest research and resources

â€¢ And more.