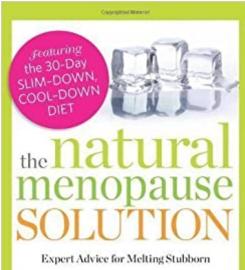


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Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms

The editors of Prevention. and Melinda Ring, MD



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