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Thread discussing Peri menopause and 25 May 2014. I'm presuming all the symptoms I get are peri menopause, like so many all.. I feel a lot more positive about my future and know that only I can make.. Been on it many months now, I also take Vit B1 150mg and have B12 injections. They are very common in middle aged women, are usually benign and Sex, Lies, and the Truth about Uterine Fibroids - Google Books Result from questions of heart-health Does estrogen therapy really help prevent heart attacks? to the heart-felt. How can I find the right doctor? What else can 150 Most-asked Questions about Menopause: What Women Really Want to Know. Ruth S. Jacobowitz Author of 150 Most-Asked Questions About Excellent reviews of books and guides to menopause relief. go through, you will need help in understanding what these symptoms and how to find relief. 150 Most-Asked Questions About Menopause: What Women Really Want to Know. 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