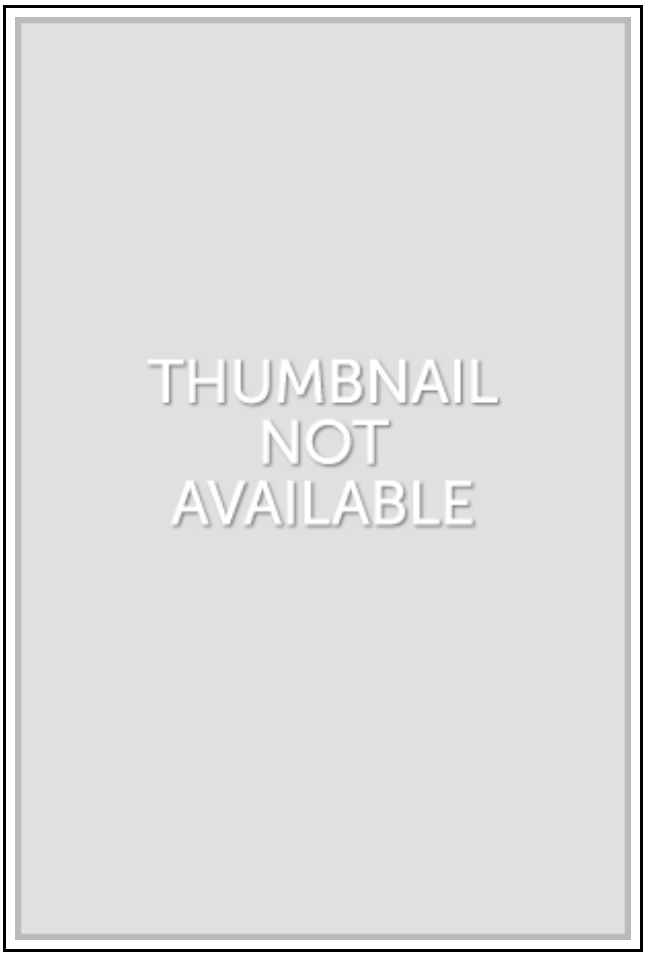
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Da Capo Press. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 9.0in. x 6.1in. x 0.8in.Though an estimated eight in ten women in America will be diagnosed with fibroids during their lifetime, it remains one of the most ambiguous conditions a woman can have. In the tradition of the other titles in the First Year series, The First YearFibroids uses a unique approach, guiding readers through practical and straightforward steps for the first seven days following diagnosis, then the next three weeks of their first month, and finally the next eleven months of their first year. Throughout, author Johanna Skilling provides answers and advice that will help women newly diagnosed with fibroids come to terms with their condition and the lifestyle changes that accompany it. Skilling provides vital information about the different types of fibroids, treatment options, dietary choices, holistic alternatives, and much more. The First YearFibroids will be a wise and educational resource for every woman who wants to take an active role in the management of her fibroids. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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