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first we were told we all needed to have hrt to remain interesting for our husbands then we were told it was going to give us cancer and put us in an early grave next we were told hrt was safe and we had to take it or we d all end up with crippling brain fog quitting our jobs and descending into dementia as the economy collapsed around us on the other side of the fence are those who argue that menopause is natural it doesn t need treating and a cold water swim could fix everything no wonder we re more confused than ever why has this happened what does the evidence say menowars explains why menopause is such a political hot potato taking into account the history of gender bias in health and health research the void and how it s filled and what the evidence actually says it answers questions like will hrt prevent dementia what you can do help your brain will hrt prevent heart disease what you can do to help your heart and much more menowars explains the silent changes you can t see and which need to be sorted and why importantly it not only shows why we re arguing it outlines where the science is heading so we can live longer better healthier lives in perimenopause and throughout the decades we spend in post menopause

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bandscheibenschäden stellen den betroffenen vor ein großes problem die lebensqualität leidet enorm wenn jede bewegung schmerzt umso wichtiger ist es als physiotherapeut die richtigen gegenmaßnahmen zu kennen doris brötz physiotherapeutin aus tübingen und michael weller professor für neurologie und direktor der neurologischen klinik und poliklinik des universitäts spitals zürich stellen in diesem buch ihre klinische und wissenschaftliche arbeit zur spezifischen therapie bei bandscheibenschädigungen unter anderem nach dem mckenzie konzept vor in der völlig überarbeiteten und aktualisierten auflage lernen sie die physiotherapie bei patienten mit bandscheibenschäden kennen und erfahren alles zu nötigen grundlagenwissen aus der anatomie physiologie und epidemiologie zum untersuchen von der anamnese über die bewegungstests der wirbelsäule bis zur nervenleitfähigkeit zu kombinierten erkrankungen die noch ausführlicher berücksichtigt sind zu rehabilitation und prävention und zu ergebnissen ausgewählter studien

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