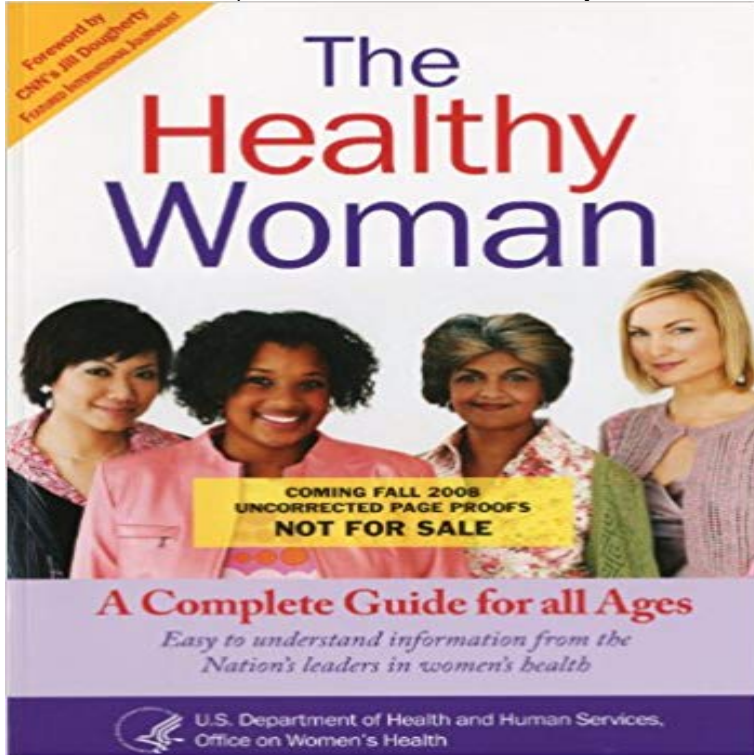


The Healthy Woman: A Complete Guide for All Ages



Comprehensive health guide written in simple language and illustrated with many photographs, designed to appeal to a large audience of all cultural backgrounds, from teens to senior adults. Empowers women to:

- *Recognize symptoms relating to particular diseases impacting a woman's health
- *Explores possible treatment options
- *Covers the latest recommendations for key health screenings, tests, and immunizations

This guidebook also contains full-color charts and diagrams to help readers understand their bodies and offers information not found in other women's health resources, such as how to teach women to read a Prescription Drug Label, explore insurance options, and tips along with graphic representations for healthy eating and managing portion sizes, and more. Includes a glossary, extensive bibliography, additional resources, and a cross-referenced index.

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