



Hot And Bothered At 3am: How To Stop Menopausal Night Sweats In 7 Days Or Less

Angela Knight

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In addition to hot flashes, many menopausal women experience the symptom's nocturnal accomplice known as night sweats. You wake up in the middle of the night cold and clammy, your heart pounding, and the sheets drenched in sweat. It's hard to calm down and get comfortable again, and it's impossible not to be irritated by the interruption to a good night's sleep. So why do women in menopause have night sweats, and, more importantly, is there anything that can be done about them?

In this book you will discover:

10 Easy Lifestyle Changes You Can Make To Stop Night Sweats

12 Secret Remedies For Night Sweats

The 10 Most Effective Drugs And Surgical Treatments For Excessive Sweating

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