



Fibroids: The Complete Guide to Taking Charge of Your Physical, Emotional and Sexual Well- Being

Johanna Skilling

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One out of every four women in the United States has uterine fibroids. Yet all too often they're left with more questions than answers. In this fully revised and updated edition of *Fibroids*, Johanna Skilling, who suffers from fibroids herself, offers a total resource for women with the condition. Skilling covers the full range of issues related to fibroids, including testing and treatment options, emotional issues, diet and lifestyle, and alternative therapies, and features new information gleaned from the latest clinical studies and interviews with experts. Filled with true stories from other women with fibroids who share their experiences, *Fibroids* remains the most comprehensive source of information available about treating and living with this condition.

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