



# The Women's Pill Book: Your Complete Guide to Prescription and Over-the-Counter Medications

*Deborah Mitchell*

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## **The Women's Pill Book: Your Complete Guide to Prescription and Over-the-Counter Medications**

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Women are major consumers and highly proactive when it comes to attending to their health care. In the tradition of the mega-bestseller, THE PILL BOOK, comes a medication guide just for women—a book that addresses their needs, concerns, and questions about the plethora of prescription and over-the-counter drugs available. A mix of narrative and reference, THE WOMEN'S PILL BOOK is speaks directly to the specific health challenges women face:

Unique Reproductive

Chronic Pain

Autoimmune Disorder

Heart Disease

Hormonal Challenges

Prescription Drug Abuse

Plus profiles of hundreds of prescription and over-the-counter drugs, including generic and brand name, benefits, side effects, and alternative treatment options.



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