



Orion Spring Health
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DR ROSEMARY LEONARD

Menopause The Answers

The essential guide for women approaching or experiencing menopause from women's health expert, Dr Rosemary Leonard.

In this definitive guide, Dr Rosemary Leonard debunks some of the myths surrounding the menopause, including why 'perimenopause' is a layman's term, and the pros and cons of HRT. Dr Leonard discusses the best approaches to the menopause and whether drugs, holistic remedies or other forms of treatments will work best for you.

Covering everything from hot flushes, to changes in your menstrual bleeding pattern, how to tackle sex after menopause, and advice on alternative remedies, *Menopause: The Answers* is the comprehensive bible on how to navigate your body's changes.

Dr Rosemary Leonard's work as a consultant to national television, radio and newspapers makes her one of the country's best-known doctors. She is the resident doctor on *BBC Breakfast* and was awarded an MBE for her services to healthcare.

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AMALIE LEE

Redefining Healthy How to Recover from an Eating Disorder

A powerful guide to recovering from an eating disorder and reaching body positivity, by inspirational Instagram star Amalie Lee.

In *Redefining Healthy*, Amalie supports, informs and motivates people with eating disorders to reach body positivity. With her trademark reassuring tone, Amalie uses her own experiences, those of other people in recovery, and facts and expert advice to guide sufferers through their recovery.

Also appealing to anyone who has a sub-clinical disordered relationship with food, exercise and/or their body, this book is about body empowerment. It is about embracing every stretch mark, patch of cellulite and curve, and redefining our ideas of body image and health.

Amalie Lee's use of Instagram to record her recovery from anorexia attracted a great deal of media attention in 2015, and she's been widely praised for her work on letsrecover.net. She also runs a support group, with hundreds of members of all ages, genders and nationalities.

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