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Sommario/riassunto	This book, 'New Ladies Health Guide', offers comprehensive advice for women's health, drawing on the expertise of over 25 specialists. It addresses modern lifestyle challenges faced by working women, highlighting health issues such as gynecological problems, menopause, asthma, diabetes, and kidney diseases. The book provides practical solutions for maintaining health and beauty, emphasizing self-care and wellness. It is particularly beneficial for women, offering guidance on balancing career, family, and personal health. The guide encourages women to embrace motherhood, discussing the emotional and physical experiences of pregnancy and childbirth. It aims to empower women to make informed health choices, fostering awareness and proactive health management.

