

The Good Menopause Guide

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Natural Menopause - Susan Perry 1996-12-17

The San Francisco Chronicle called the first edition of *Natural Menopause* "the most authoritative and wide-ranging explanation of the basics of menopause yet published." Now in this newly revised edition, authors Susan Perry and Kate O'Hanlan include all the latest information on hormone replacement therapy and breast cancer, as well as new studies on menopause and osteoporosis, heart disease, Alzheimer's, depression, exercise, diet and malnutrition, natural remedies, skin patches, and much more. Without minimizing the discomfort many women experience, Perry and O'Hanlan show that good nutrition, a good exercise program, and good sex are often the best prescriptions—and that hormone replacement therapy carries risks and should be taken only after careful and informed deliberation. *Natural Menopause* is the comprehensive reference every woman should turn to before and during menopause for a safe and healthy passage.

Men... Let's Talk Menopause - Ruth Devlin 2019-04-25

A comprehensive guide to the female menopause, written for men to help them understand this often perplexing topic. It addresses all the important aspects of the menopause, including the physical, psychological, genito-urinary and long term symptoms that can occur. It gives essential information on options available to cope with those symptoms plus good advice for men (and women!) on practical lifestyle choices. Short and easy to dip in and out of, with humorous illustrations and practical tips for what you can do (and what NOT to say), this is your essential handbook for surviving the change in YOUR life.

MenOnPause - Lelitia Lane 2018-02-02

Men, if you thought PMS was a monster, menopause is a whole 'nother animal! Throughout the ages, many men have been clueless when it comes to menopause...All of sudden, without any warning there's a big "change" occurring in your significant other's life that she just can't explain or articulate. Author Lelitia Lane and her husband, Roland, have experienced this great change firsthand. In "MenOnPause," Lelitia keeps it real while sharing her comical insight on the emotional rollercoaster many women experience and how YOU can survive the ride!

No, It's Not Hot in Here - Dick Roth 2001

In a survey of menopausal women, it was found that what most of them wanted from their partners was understanding and support. However, many men are unsure of what they can do to help. This book offers an informal guide for partners of menopausal women.

MENOPAUSE MONDAYS - Ellen Dolgen 2015-05-01

For Ellen Dolgen, menopause education is a mission. Spurred by her own experience struggling with the symptoms of menopause, Dolgen has devoted the last ten years of her life to helping other women during this often difficult time. While she's not a doctor or scientist, she's "talked the talk" with countless menopause experts, so that she can "walk the menopause walk" with you and share the keys to this menopause kingdom. Together with her son, Jack, she created this new, comprehensive guide to all things menopause—the symptoms, the treatments, the long-range effects on a woman's health. Dolgen shares the expertise of numerous specialists to replace confusion and embarrassment with medically sound solutions, presented in an entertaining and informative way. You'll find detailed descriptions and treatments for the symptoms you or your loved one may experience, from hot flashes and mood swings to mental foginess

and loss of libido, and lots more in between. In addition to sharing the latest research and proven treatments, Dolgen offers guidance to finding a menopause specialist who's right for you, and she provides a clear explanation of what tests to ask for. You'll also learn about the latest studies on hormone replacement as well as alternative therapies and remedies. Finally, Dolgen shares the real-life experiences of women—and those who love them—as they traverse the crazy ups and downs of perimenopause and menopause. Her motto is: Suffering in silence is OUT! Reaching out is IN!

The Happy Menopause - Jackie Lynch 2020-10-13

As no two menopause journeys are identical, this highly practical and accessible nutrition and lifestyle guide enables women to build a bespoke menopause diet that specifically targets their symptoms, with the minimum of fuss and effort. This practical nutrition and lifestyle guide provides women with the tools to build their own menopause diet which specifically targets the symptoms that are relevant to them. There are so many ways that nutrition can support a healthy and happy menopause, but a one-size-fits-all approach simply won't work. The reality is that there are many different menopausal symptoms and no two women have the same experience. Jackie explains how the menopause and perimenopause can change your body and how your diet can make a tangible difference to the way that you feel, whether you're using HRT or not. Each symptom section provides a range of targeted nutritional solutions, practical lifestyle advice and simple recipe tips that you can incorporate into your daily routine. A highly experienced clinician, Jackie specialises in providing real-world guidance to busy women. This book is designed to make the key information as easily accessible as possible and reflects her trademark practical style, which makes it the ideal one-stop solution for anyone juggling their menopause with the demands of a busy job and a hectic family life.

The Menopause Diet Plan - Hillary Wright, M.Ed., RDN 2020-09-08

Minimize the symptoms of perimenopause and menopause naturally through a sustainable, enjoyable eating plan, physical activity, and other beneficial lifestyle habits "My friends and well-respected colleagues have written *The Menopause Diet Plan* to help you feel healthier, happier, and more confident during this change in your life."—Maye Musk, MS, RDN, and author of *A Woman Makes a Plan* Menopause is uncharted territory for women, and it can be difficult to know how to ease the effects of hormonal changes that can often start in your 40s. With honesty and optimism, *The Menopause Diet Plan* encourages a positive, fad-free approach to managing your physical and emotional health during perimenopause and menopause. It highlights current scientific knowledge about the best diet and lifestyle choices to manage your weight; keep your heart, brain, and bones healthy; and decrease the risk for cancer and other chronic conditions. It also offers natural strategies to help diminish hot flashes, manage sleep difficulties and mood swings, improve energy, and more. *The Menopause Diet Plan* takes a unique approach to eating before, during, and after menopause. Registered dietitians Hillary Wright and Elizabeth Ward provide a customizable, plant-based eating plan that is rich in protein, fiber, and other beneficial nutrients, moderate in carbohydrates, and low in saturated fat, sodium, and added sugars. Balancing evidence-based advice with real-life circumstances and personal experience, it combines the best of the world's healthiest diets with the latest nutrition research for women in the menopause transition. Recipes such as Peanut Butter Smoothie, Chicken Italiano, and Chocolate Oatmeal Energy Balls make it easier to eat delicious, satisfying foods that

nourish your body. With a comprehensive approach to better health, The Menopause Diet Plan helps women take charge of their well-being and live life to the fullest.

What Fresh Hell Is This? - Heather Corinna 2021-06-01

'This book feels like your best friend talking to you over drinks - if your best friend is a shit-talking, patriarchy-smashing, intersectionally feminist professor of the history of reproductive medicine and also an endocrinologist with a side hustle as a comedian.' - Dr Emily Nagoski, NYT bestselling author of *Come As You Are* What to Expect When You're Not Expected to Expect Anything Anymore Perimenopause and menopause experiences are as unique as all of us who move through them. While there's no one-size-fits-all, Heather Corinna tells you what can happen and what you can do to take care of yourself, all the while busting pernicious myths, offering real self-care tips - the kind that won't break the bank or your soul - and running the gamut from hot flashes to hormone therapy. With practical, clear information and support, inclusive of those with disabilities, queer, transgender, nonbinary and other gender-diverse people, people of colour, working class and others who have long been left out of the discussion, *What Fresh Hell Is This?* is the cooling pillow and empathetic best friend to help you through the fire.

Managing Hot Flushes and Night Sweats - Myra Hunter 2013-10-08

The menopause is still a taboo topic and a source of uncertainty and embarrassment for many women. In *Managing Hot Flushes and Night Sweats* Myra Hunter and Melanie Smith aim to provide women with up to date and balanced information about menopause and a self-help guide to reduce the impact of hot flushes and night sweats in just four weeks. This book sets out an interactive four-week programme using cognitive behavioural therapy, with exercises and worksheets designed to enable women to develop strategies for managing menopausal symptoms. This approach is based on the authors' research and has been shown to be effective in recent clinical research trials. This guide can help you to: Understand the biological as well as the psychological and cultural influences on menopause Understand and manage hot flushes in social situations Learn to modify triggers and use paced breathing to reduce the impact of hot flushes Reduce stress and improve well-being Develop strategies to help if night sweats disturb your sleep With a companion audio exercise and downloadable resources available online, *Managing Hot Flushes and Night Sweats* offers a complete and effective framework to approach menopause with confidence and to manage symptoms without the use of medication. The book is ideal for women approaching or going through the menopause, for women having menopausal symptoms following treatment for breast cancer, for their friends and relatives, and healthcare professionals working with women.

Before Your Time - Evelina Weidman Sterling 2010-04-13

HAS "THE CHANGE" COME TOO SOON ? DON' T WORRY, YOU'RE NOT ALONE! Every year more than two million women enter early menopause and find themselves suddenly dealing with a host of unforeseen (and little discussed) issues. In *Before Your Time*, Evelina Weidman Sterling and Angie Best-Boss provide expert advice and answer all your questions, including: Is it safe to start hormone therapy in your thirties rather than in your fifties? What are your fertility options? How can you combat the long-term effects of early menopause, such as a greater risk of osteoporosis, heart disease, and diabetes? How will early menopause affect your relationships? Your sex life? Your sense of self? *Before Your Time* brings you the best-researched, most up-to-date answers to all those tough-to-ask questions. The good news: there is more research and information available now than ever before to keep you safe and healthy, and it's all right here!

The No-Nonsense Guide to Menopause - Barbara Seaman 2008

Incorporating the most recent studies on hormone therapy, Seaman--a legendary figure in the women's health movement--and co-author Eldridge present an invaluable guide for women in need of information on menopause.

The Black Woman's Guide to Menopause - Carolyn Scott Brown 2003

A hands-on guide written specifically to address the black woman's experience of menopause.

[Menopocalypse](#) - Amanda Thebe 2020-10-20

"Perimenopause and menopause can be very difficult times for women, both physically and emotionally. This book empower[s] women with information and advice." —Dr. Louise Newson, GP and menopause specialist, developer of *My Menopause Doctor* Discover new, effective remedies for menopause and

perimenopause symptoms (migraines, hot flashes, mood swings, and more) in this powerful book, written by a fitness expert who experiences many—and shares her secret to thriving in good health. Includes a Bonus Training Guide with Strength Workouts for Women Over 40 At a time when menopause has become an urgent, necessary topic of public discussion, with the likes of Michelle Obama revealing their struggles for the first time on the internet, personal trainer Amanda Thebe shares the roadmap she uses to thrive during perimenopause and menopause in *Menopocalypse*. With funny, bold, and big-hearted writing that will be familiar to readers of Glennon Doyle, Amanda Thebe shares her menopause journey and what she learned along the way. Readers will come away from the book with: A better understanding of your own hormones and how they factor in menopause and your overall health; Confidence to speak your truth about your menopause symptoms to your doctor, other health professionals, your family, and friends; Advice for achieving optimal health during perimenopause and menopause by changing your diet, fitness routine, and more lifestyle factors. Amanda Thebe was working as a personal trainer and fitness coach when, at age 43, she began to experience debilitating exhaustion, dizziness, and depression. At the time, Thebe didn't know it was all related to her hormones. The busy mother of two, who was used to climbing mountains and traveling the world, only knew she struggled to get out of bed. After several failed doctor's appointments, Thebe saw her gynaecologist, who finally named the source of her struggles: perimenopause, the period of 5-10 years before menopause, when a woman's fluctuating estrogen levels put her at risk of depression, anxiety, headaches, and more ailments related to female hormone health. Empowered by information, Thebe began her journey back to her former self, overhauling her approach to diet and exercise. In *Menopocalypse*, she explains how to deal with migraines, hot flashes, weight gain, exhaustion, poor sleep, vaginal dryness, and mood swings—offering tips that have worked for her and others. She shares information about hormone therapy. She even shares her own strength-training routine, complete with a suggested workout schedule, easy-to-follow instructions, and pictures of herself doing the exercises, so you can feel empowered, fit, and ready to tackle the day. Menopause isn't fun, sexy, or cool, and a woman might spend one-third of her life in it—but that doesn't mean women should suffer in silence without support. Let the outspoken and honest Amanda Thebe be your guide to surviving—and thriving—during menopocalypse.

[Estrogen Matters](#) - Carol Tavris 2018-09-04

A compelling defense of hormone replacement therapy, exposing the faulty science behind its fall from prominence and empowering women to make informed decisions about their health. For years, hormone replacement therapy (HRT) was hailed as a miracle. Study after study showed that HRT, if initiated at the onset of menopause, could ease symptoms ranging from hot flashes to memory loss; reduce the risk of heart disease, Alzheimer's, osteoporosis, and some cancers; and even extend a woman's overall life expectancy. But when a large study by the Women's Health Initiative announced results showing an uptick in breast cancer among women taking HRT, the winds shifted abruptly, and HRT, officially deemed a carcinogen, was abandoned. Now, sixteen years after HRT was left for dead, Dr. Bluming, a medical oncologist, and Dr. Tavris, a social psychologist, track its strange history and present a compelling case for its resurrection. They investigate what led the public -- and much of the medical establishment -- to accept the Women's Health Initiative's often exaggerated claims, while also providing a fuller picture of the science that supports HRT. A sobering and revelatory read, *Estrogen Matters* sets the record straight on this beneficial treatment and provides an empowering path to wellness for women everywhere.

[The Menopause Book](#) - Barbara Kantrowitz 2018-03-20

The Complete Guide for Women Deeply optimistic, reassuring, and essential, the book the North American Menopause Society called "required reading" is now revised and updated, with over 20 percent new material that incorporates the latest medical findings, cutting-edge research, and best-practices advice. Expertly separating fact from fiction in the latest "breakthrough" medical studies, it shows you what to pay attention to, and what you can ignore. Learn about the role of hormones and the latest advances in hormone therapy. The truth about hot flashes and how to deal with getting one at work. The impact of menopause on sexuality and how to manage an up-and-down libido. There are chapters on heart health (how to protect it), moods (how to ride them out), and exercise (how to stretch without strain). And finally, why this period of life can be a natural springboard to staying healthy, feeling great, and looking beautiful for the next act of your life. *Your Questions, Your Answers: Is it possible that I could get another period*

after more than a year without one? Losing weight at midlife feels like an uphill battle—what's the healthiest approach? How do I perform a breast self-exam? Is hormone therapy necessary—and if so, which one is right for me? How effective are Kegel exercises, and how do I do them? I'm starting to get adult acne—is this normal?

Andropause - Brady Howard 2014-02-15

"Discover the signs and symptoms of Low T, including proven treatments and diet plan to combat the andropause for a happier, healthier and more sexually-satisfying life." - Cover.

Menopause - Miriam Stoppard 1994

This is an illustrated guide to managing the menopause. Separating fact from fiction, myths from misinformation, it makes women aware of the change - physical, sexual and mental - that they may experience during the menopause. And it informs them about medical and effective self-help measures they can take.

Menopause Naturally - Carolyn Dean 1999-02

Natural approaches and mind-body strategies for women's most pressing health concerns.

The Menopause Maze - Dr Megan A. Arroll 2016-05-19

"Hot flushes, night sweats, insomnia... How on earth do I cope with symptoms of the menopause?" There is no single answer to this question. Based on up-to-date research, this book provides an honest account of the pros and cons of the different options for managing the menopause so that you can make an informed decision about the best approach for your particular situation. It covers hormone replacement therapy (HRT), bioidentical HRT, medication, lifestyle, nutrition, and complementary therapies, from acupuncture and reflexology to tai chi and yoga. This is everything you need to know about the issues you may face during the perimenopause and menopause, how to support your body as the changes start, and the conventional, alternative and self-help therapies that can ease your symptoms.

ROAR - Stacy Sims 2016-07-05

Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

Eat to Defeat Menopause - Karen Giblin 2011-07-12

From the founder of Red Hot Mamas (the largest menopause education program in the country) and an award-winning physician: a cookbook to help alleviate the symptoms of menopause.

Preparing for the Perimenopause and Menopause - Dr Louise Newson 2021-08-26

*** #1 SUNDAY TIMES BESTSELLER *** 'Immensely helpful...a tome of medical knowledge. I'm mildly obsessed by Louise Newson. Buy the book!' Davina McCall 'What a brilliant, helpful and straight-forward guide to menopause. I wish I could have had it when I first had symptoms, it would have made a huge difference to me' Louise Minchin 'This book is indispensable. Keep it by your bedside. It will transform your life. Dr Louise is a miracle worker' Lorraine Kelly Take charge of your menopause and feel great Dr Louise Newson is the UK's leading menopause specialist, and she's determined to help women thrive during the menopause. Despite being something that almost every woman will experience at some point in their lives, misdiagnosis, misinformation and stigma are commonplace. In *Preparing for the Perimenopause and Menopause*, Dr Newson will demystify the menopause and show why every woman should be

perimenopause aware, regardless of their age. Drawing on new research and empowering patient stories from a diverse range of women who have struggled to secure adequate treatment and correct diagnosis, Dr Newson will equip you with expert advice on: · Common and 'taboo' symptoms to look out for · HRT treatment options · Going through an early menopause · Getting a good night sleep · Optimising your nutrition in the menopause · Exercising for a better menopause · Your mental health during the menopause Dr Newson empowers women to confidently take charge of their health and their changing bodies. It's never too early to learn about the perimenopause or menopause and this essential book will equip you with everything you need to know. ***** Dr Louise Newson is donating 10% of all royalties she receives for the book to The Menopause Charity. Part of the Penguin Life Experts series.

The Good Gut Guide - Liz Earle 2017-05-04

Delicious recipes and the ultimate wellbeing plan for a healthy gut in 6 weeks. 'A better gut means better health. It really is that simple. And it works at every level of the body, as friendly microbes affect not only the digestion of our food but also brain health, mood, emotions, energy levels, ageing, weight loss and so much more. Understanding this can give us the blueprint for a longer, happier, healthier life.' Liz Earle, MBE is one of the world's most respected and trusted authorities on wellbeing. Following on from her popular 6-week guide *Skin*, Liz now reveals a brand-new plan to detox, cleanse and nourish the digestive system to improve your inner health and outer beauty. Packed with the latest science and beautifully illustrated throughout, *The Good Gut Guide* provides practical advice on pre- and probiotics, fermented foods and how best to address your individual needs and goals - whether these be specific to life stage, a long-standing health issue or weight loss. An expert in feel-good food and eating well to look your best, Liz also shares 80 nutritious recipes - including many suitable for vegetarians - to help you achieve wellbeing from within.

Second Spring - Kate Codrington 2022-02-17

The ultimate positive, practical guide to menopause.

The Magic of Menopause - Lorraine Miano 2016-05-25

Upon discovering she was about to be a grandmother, just as menopause and a hysterectomy were at her doorstep, Lorraine Miano decided she needed to turn her healthy lifestyle habits up a notch. She was not going to be a has-been--she was determined to be a will-be! In her book, *The Magic of Menopause*, Lorraine walks you through what it takes to make lifestyle changes that will set you up to live the rest of your life healthy and happy--at any age! It goes far beyond weight loss and encompasses all of the magical side effects of a healthy life, like fewer wrinkles, glowing skin, fewer aches and pains, and more energy! This book will help guide you through the struggles women face when they begin menopause, and helps you tackle daily changes, such as: *Balancing your hormones holistically *Getting a better night's sleep *Reducing and/or eliminating hot flashes *Improving libido! *Saying goodbye to anxiety and depression! *Having the party of your life!

Next Level - Stacy T. Sims, PhD 2022-05-17

A comprehensive, physiology-based guide to peak performance for active women approaching or experiencing menopause—from the author of *Roar*, renowned exercise and nutrition scientist Dr. Stacy Sims For active women, menopause hits hard. Overnight, your body doesn't feel like the one you know and love anymore—you're battling new symptoms, might be gaining weight, losing endurance and strength, and taking longer to bounce back from workouts that used to be easy. The things that have always kept you fit and healthy just seem to stop working the way they used to. But menopause doesn't have to be the end of you kicking ass at the gym, on the trail, in the saddle, or wherever you work out. Once you understand your physiology, you can work with it—not against it—to optimize your performance. That's where Stacy Sims, PhD comes in. In *Next Level*, you'll learn the underlying causes of menopause: the hormonal changes that are causing all the symptoms you're feeling, and their impact on your wellness and performance. Then, what you really came for—what to do about it. Inside you'll find science-backed advice about training, nutrition, sleep and recovery and supplements, as well as sample exercise routines, meal plans, macronutrient planning charts, and case studies from real women Stacy has coached through the transition. It's the ultimate guide to navigating the Next Level.

The Good Menopause Diet - Vanessa Daniel 2022-08-19

For women, menopause is an unfamiliar territory and it can be challenging to understand how to mitigate the impacts of hormonal changes that can frequently begin in your 40s or 50s. The Good Menopause Diet promotes a fad-free positive approach to maintaining your physical and mental health during perimenopause and menopause. In *The Good Menopause Diet*, you will learn the greatest nutrition studies for women transitioning into menopause with the world's healthiest meals. The healthy, tasty, satiating foods that nourish your body with recipes like chocolate, steel cut oats, and calcium-fortified meals. The most up-to-date scientific understanding of the menopause diet and lifestyle. Guide on how to control your weight, maintain the health of your heart, brain, and bones, and lower your chance of developing cancer and other chronic diseases. If you want to enjoy your menopause journey, why not tap the Add to cart button now.

Menopause Matters - Julia Schlam Edelman 2010

A guide for improving a woman's physical and mental health from age 35 and on. It covers topics of vital interest to perimenopausal and postmenopausal women: hot flashes, vaginal dryness, poor sleep, memory loss, mood changes, depression, hormone replacement therapy, sleep, diet, exercise, weight control, and healthy sex.

The Good Menopause Guide - Liz Earle 2018-03-08

'Filled with a wealth of invaluable information...after reading this you will feel empowered and ready to take on the world' - Lorraine Kelly OBE The ultimate guide to looking and feeling your radiant best throughout the perimenopause, menopause and beyond 'I have always found it curious that we talk openly about pregnancy and birth but when it comes to an equally important phase in our lives - the menopause - there is an audible silence... I want all of you who read this book to know you have the tools to feel and look your radiant best. And more than that, I want my daughters - and yours - to embrace the menopause as simply another phase in our lives which is natural and liberating.' Liz Earle, MBE, is one of the world's most respected and trusted authorities on wellbeing. Following on from her bestselling books *Skin* and *The Good Gut Guide*, this beautifully illustrated guide shares all of the information, tips and advice you need for a healthy menopause. She provides guidance on how to balance your hormones, the importance of a nourishing diet, the myths and facts about HRT, osteoporosis, how to optimise bone health, and how to boost energy and self-esteem. An expert on beauty, Liz Earle also provides advice on how to take special care of skin, hair and nails, and how to combat ageing with supplements. She also shares 60 nutritious recipes - including many suitable for vegetarians - to help you feel and look your best. 'Liz Earle's practical, honest and uplifting book will help women become stronger as we navigate the Menopause. It's time to celebrate a new chapter in our lives' - Kirsty Wark

A Woman's Best Medicine for Menopause - Nancy K. Lonsdorf 2003-04-11

Now in paperback - the first truly holistic, comprehensive book on experiencing a healthy, symptom-free menopause using ayurvedic medicine - the ancient system from India that has been popularized in the West by Deepak Chopra. Answers the need for healthy ways to approach menopause without the now-controversial use of hormone replacement therapy (HRT). Nancy Lonsdorf, MD, also the author of *A Woman's Best Medicine* (Tarcher, over 35,000 copies sold), shows readers how to personalize the program through a quiz that determines where imbalances lie and offering recommendations for each woman's unique symptoms. The approach is completely natural - a huge plus for the many women who are reluctant to take hormone replacement therapy. That number is growing as more and more research questions the supposed benefits of HRT - and warns of its dangers. The author is a leading voice in ayurvedic approaches to women's health, and also has impeccable western medical credentials, having received her MD from Johns Hopkins Medical School and done her residency at Stanford University Medical School. She specializes in combining the best of western medicine with natural, gentle, ayurvedic treatments.

A Woman's Guide to Menopause & Perimenopause - Mary Jane Minkin 2005-01-01

Provides valuable new information on menopause and how women should approach it in a handbook that offers sound guidance for women dealing with the physical and emotional health issues surrounding menopause, covering such topics as hormone replacement therapy, PMS, treatments for the symptoms of menopause, osteoporosis, cancer prevention, and sexuality. Original.

The Complete Book of Menopause - Carol Landau 1995

A compassionate guide takes readers through each stage of menopause, offering case studies, comparisons of race and sexual orientation experiences, the pros and cons of Hormone Replacement Therapy, and stress coping tips. Reprint.

The Feel Good Guide to Menopause - Dr Nicola Gates 2019-02-01

How understanding the brain-hormone connection can help women to navigate menopause. Although women know how to run major corporations and can travel in space, there is little understanding of an event that inevitably awaits them - menopause - and a lack of practical knowledge about how to best navigate this natural passage in life. Menopause can impact a woman's health, relationships, daily functioning, career, mood and emotions, and can profoundly impair her quality of life. Understanding the connection between hormonal changes in the female body, the brain and, indeed, the gut provides us with the fundamentals for transitioning through what can be a challenging - if not overwhelming - time for many women. By breaking the silence that surrounds menopause, *The Feel Good Guide to Menopause* aims to reduce the potential for negative impact, build understanding, compassion and reassurance, and significantly improve the mental and physical well-being of women. Praise for *Brain for Life* 'Nicola has cleverly framed the comprehensive information in digestible chunks for consumption via either a linear path from front to back cover, or a dive-in-to-what-I-need approach. She never sounds preachy ... rather she empowers you' beingfiftysomething.com

The Only Menopause Guide You'll Need - Michele Moore 2004-11-15

For women facing decisions about treatment for the symptoms of menopause, the second edition of this landmark work features a new chapter that addresses the latest findings about hormone replacement therapy. Dr. Michele Moore helps patients make informed treatment choices and offers a balanced account of options that range from traditional medical practice to holistic and alternative approaches. Drawing on her own experience as well as the experiences of friends, colleagues, and patients, Dr. Moore provides information about the symptoms of perimenopause, menopause, and postmenopause. Her analysis of treatment options includes lifestyle changes and herbal and homeopathic remedies in addition to allopathic medicine. Above all, she encourages patients to participate actively in their own health care, accept responsibility for their choices, and cope with the consequences of those choices while remaining proactive. She also emphasizes the need for each woman to monitor her health condition closely and to reassess her situation as her health needs change through the years. Sympathetic and authoritative, this helpful book prepares women to deal with the inevitable changes in body, mind, and spirit that accompany menopause.

TCM: A Woman's Guide to a Trouble-Free Menopause - Nan Lu 2000-12-01

Offers advice on a natural, effective, hormone-free treatment for the symptoms of menopause. and includes exercise, foods and herbs, and preventive medicine.

Is It Me Or Is It Hot In Here? - Jenni Murray 2012-08-31

In *Is it me or is it hot in here?* Jenni Murray, one of Britain's most popular journalists and broadcasters, addresses the menopause. She looks at what the menopause is - its symptoms and how it affects overall health. She also looks at the psychological and social implications. There is an overview of the latest research on HRT - its benefits and drawbacks - and the new work which is being done on various 'alternative' therapies. She includes discussions on sex life, social life, face-lifts (or otherwise), exercise (or otherwise), keeping your figure and discovering one's place in life as a middle aged woman in a feminist era. The section on rethinking the menopause looks at changing attitudes and how to cope with post-menopausal life, offering a new agenda for post-menopausal women. Throughout, the tone is inquiring but accessible, making it one of the most appealing books on the menopause written to date.

Dr. Liz's Easy Guide to Menopause - Elizabeth Lyster 2009

This book is a step-by-step guide for women to use to assess your hormone health, and then get the evaluation and treatment you need from the doctor(s) you already have. This book is simple but goes into depth on the issues related to hormone balancing and hormone replacement therapy. This book also presents the doctor's perspective, in order to help you work effectively with your doctors. While being thorough and based in the latest medical hormone replacement knowledge, this simple guide keeps things light, funny and conversational in tone, as opposed to lecturing, condescending, or confusing. With this guide in hand, you will be able to assess your perimenopausal and menopausal symptoms, and then work

effectively with your doctors to get the evaluation and treatment that you need at this time in your life.

Is it Hot in Here? Or is it Me? - Pat Wingert 2006-01-01

Written with an uncompromising intelligence and wit by two award-winning "Newsweek" journalists, this volume is the essential, comprehensive, up-to-the-minute, deeply optimistic book for the millions of women in their 40s-to-60s.

Mayo Clinic The Menopause Solution - Stephanie S. Faubion 2016-04-26

Confront menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source.

Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options.

Unlike other books, *Mayo Clinic The Menopause Solution* is comprehensive, easy to navigate, and authoritative.

Features include:

- A complete look at what happens to your body before, during, and after menopause.
- Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy
- Sidebars, lists, and summaries to make finding information a cinch

Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health.

Professional, accessible, and essential for any woman entering menopause, *Mayo Clinic The Menopause Solution* offers everything you need to take charge of your own health and get the best care from your doctor.

The Complete Guide to the Menopause - Annice Mukherjee 2021-01-28