

Menopause

Lose Weight, Gain Better Health In the world, there are millions of overweight people eating "unhealthy foods" (fats) and "high" glycemic index carbohydrates. They must read -- DR. MICKEY ON ATKINS "THE MIJAS-DIET" Americans gained excessive weight when fast food giants covered the States, and when "white foods" entered their lives. Because Americans' weight has increased, the death rate has surged. "The Mijas-Diet" solves the problem with its healthy "trio-of-foods." You'll eat healthy foods, drink your favorite wines, and consume olive oil. You will gain better health! Your blood sugar will drop! SEVEN BOOKS IN ONE! This book "comments" five diet books and refers to two other books. It is an encyclopedia. The best! TEACHINGS This book teaches you how to lose weight and gain better health --especially to control glucose. This regimen will control the pancreas: (1) will limit insulin secretion and (2) will activate fat-busting glucagon.

From New York Times bestselling author and nationally recognized patient advocate Mary J. Shomon comes a groundbreaking guide to safely managing menopause through a better understanding of and better care for your thyroid. If you're one of the forty million American women struggling through menopause, you probably know all about the symptoms of fatigue, weight gain, and depression. But what you may not know is that the drop in reproductive hormones frequently triggers a thyroid slowdown—a "thyropause"—that can be the main cause for those troublesome symptoms. In fact, you may not even need hormone therapy, wild yam and progesterone creams, or herbs like black cohosh for a symptom-free menopause. What you really need is to begin to pay attention to your thyroid. In The Menopause Thyroid Solution, Mary J. Shomon will help you: Recognize the symptoms of a thyroid problem versus those of menopause Learn how to get your problems diagnosed and treated Find out what and how to eat, what medications to consider, what supplements to take, and what lifestyle changes to make Improve your metabolism and increase your energy

Menopause is an unparalleled opportunity to turn your life around and create a firm foundation for the most fulfilling, healthy, joy-filled years of your life. The Wisdom of Menopause Journal--a companion to Dr. Christiane Northrup's newly revised and best-selling book The Wisdom of Menopause--helps you focus on the "me" in menopause. Designed to help you both navigate and document this important transitional time, the journal is packed with action-oriented, practical advice for your mind and body--from recommended supplements and medication options to how to explore the emotional issues behind your physical symptoms. This journal gives you everything you need to create vibrant health in midlife on all levels--not just in your heart, bones, pelvic organs, breasts, and brain . . . but also in your sex life, your relationships, and even your beauty regimen! It enables you to record your current health and concerns, as well as the steps you want to take to achieve your goals in each area. You'll also find powerful affirmations, inspiring quotes, and plenty of blank pages for journaling, so you can create a record of your thoughts and feelings during this important time. Dr. Northrup's insights enable you to see menopause not as a burden to be endured, but as an empowering opportunity to reinvent yourself right down to the cellular level. The key is learning to tap into the profound wisdom that emerges during this life stage--wisdom you can fully trust to guide you toward enormous happiness, joy, and fulfillment.

"Many days I believe menopause is the new (if long overdue) frontier for the most compelling and necessary philosophy; Darcey Steinke is already there, blazing the way. This elegant, wise, fascinating, deeply moving book is an instant classic. I'm about to buy it for everyone I know." --Maggie Nelson, author of The Argonauts A brave, brilliant, and unprecedented examination of menopause Menopause hit Darcey Steinke hard. First came hot flashes. Then insomnia. Then depression. As she struggled to express what was happening to her, she came up against a culture of silence. Throughout history, the natural physical transition of menopause has been viewed as something to deny, fear, and eradicate. Menstruation signals fertility and life, and childbirth is revered as the ultimate expression of womanhood. Menopause is seen as a harbinger of death. Some books Steinke found promoted hormone replacement therapy. Others encouraged acceptance. But Steinke longed to understand menopause in a more complex, spiritual, and intellectually engaged way. In Flash Count Diary, Steinke writes frankly about aspects of Menopause that have rarely been written about before. She explores the changing gender landscape that comes with reduced hormone levels, and lays bare the transformation of female desire and the realities of prejudice against older women. Weaving together her personal story with philosophy, science, art, and literature, Steinke reveals that in the seventeenth century, women who had hot flashes in front of others could be accused of being witches; that the model for Duchamp's famous *Étant donné*s was a post-reproductive woman; and that killer whales—one of the only other species on earth to undergo menopause—live long post-reproductive lives. Flash Count Diary, with its deep research, open play of ideas, and reverence for the female body, will change the way you think about menopause. It's a deeply feminist book—honest about the intimations of mortality that menopause brings while also arguing for the ascendancy, beauty, and power of the post-reproductive years.

The Menopause Industry

The Menopause Reset Confidential

Menopause Confidential

A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy!

Mind Over Menopause

The Meanings of Menopause

A Doctor Reveals the Secrets to Thriving Through Midlife

Leading researchers and experienced clinicians join forces not only to illuminate today's understanding of the endocrinology of menopause, but also to provide a sound basis for its successful management. These seasoned experts review in detail the cardiovascular, bone, brain, and genitourinary changes that accompany menopause and spell out the risks, benefits, and alternatives of conventional hormone replacement therapy. Selective estrogen receptor modulators (SERMs), androgen replacement, calcium supplementation, and the role of phytoestrogens are also fully reviewed. Menopause: Endocrinology and Management offers practicing physicians a comprehensive understanding of the menopause process, as well as an evidence-based approach to optimizing treatment strategies for the challenging medical problems accompanying this important period in women's lives.

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.

"Through the 21st Century Looking Glass" - USA Today by Grady Harp "Mel Mathews is a sensitive observer of the human condition, with an emphasis on the Male Human Condition of our time. He has created a character in Malcolm Clay that is a baby boomer Holden Caulfield, a variation on John Updike's Rabbit Angstrom, and he manages to take us by the hand and lead us through the bumpy terrain of current interpersonal relationships as well as anyone writing today."We first met Malcolm Clay in Mathew's first novel Chronicles of a Wandering Soul: Book 1- 'LeRoif' as a middle aged man trapped in a successful but boring occupation who becomes stranded in a dusty little truck stop where he is forced to slow his pace to adjust to the fertile characters he created there. Well, now Malcolm is living in Carmel, California, having been divorced, forgoing his childhood entrapping religious heritage, traipsing through many brief and physically oriented affairs while deciding to change his life as an alcoholic tractor salesman to that of a reformed AA writer ('.he didn't think anyone should be called an addict, alcoholic, codependent, or any other of the pathologized clinical diagnosis that propelled a person into another lie'). His existence is populated in this gorgeous coastline area of California by all manner of women and men whose connection to life is through tenuous strings tied to fairly shallow buoys. Most of the novel is conversational, with Malcolm discovering the intrinsic personality defects of characters ranging from his landlady Mrs. Shams to men on the make to physical therapist Jenny who manages to keep a physical distance between the lusty but controlled Malcolm and her fragile, purging diet, Zen-like self. This is a journey so well written that the novel calls for pause to enjoy the sheer ebullience of the verbiage. Mel Mathews is a fine writer, finding his way through life in these times. He is a reliable companion on the trek we all are taking. And now on to the next volume in the series, Chronicles of a Wandering Soul: Book 3 - 'SamSara', addictively!

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?

Everything You'll Need to Know Vol.26 Menopause Symptoms

What Your Doctor May Not Tell You About(TM): Menopause

Dr. Susan Love's Menopause and Hormone Book

The Wisdom of Menopause

The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause

The book covering herbs & natural remedies for menopause, medicine, stages of menopause and anxiety, signs or pre menopause/perimenopause, weight loss, diet & more

Manage Your Menopause Naturally

Every woman experiences the menopause in different ways, so you need to know what to expect in order to help yourself. This book explains the various stages of the menopause, including the perimenopause, and helps you understand how it can affect your body and your emotions. It evaluates all the options available—including HRT and explains what treatment and lifestyle changes will help you stay healthy and happy. With in-depth coverage of HRT, covering new developments and weighing up the risks and benefits, advice on adopting an holistic approach to managing the symptoms and side effects including conventional medicine, and alternatives, diet and lifestyle changes, Menopause For Dummies will help you make the right decisions and stay in control.

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 foggiess 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!

MenopauseManage Its Symptoms with the Blood Type DietPenguin

Menopause, Me and You will help you put menopause in proper perspective--as a normal and natural developmental process in the lives of women, not as a disorder or state that causes disease. This informative book gives you self-monitoring tools for collecting information and monitoring changes in your body during menopause. These tools will also help you understand the dynamics of the change process. A guideline as to how to best use this information when interacting with care providers--especially those who view menopause as a disorder to be treated--is also included. Menopause, Me and You is filled with information-gathering tools, scientific facts, and stories from the true "experts" on menopause--the women themselves who have experienced or are experiencing menopause. In chapter after chapter, you'll gain valuable information for viewing menopause from a woman-centered perspective. Specifically, the book includes: detailed information on conception and fertilization, reconceptualizing these events from a woman-centered, feminist perspective a description and reconceptualization of the menstrual cycle and menstruation, providing the knowledge base--the physiological, endocrinological, and biochemical mechanisms that regulate the menstrual cycle and menstruation--to understand menopause as the closure of menstrual life and not the end of life a journey into the steroid hormone target cell--shows, at a scientific level, that women were genetically programmed to end the production of reproductive hormones a description and clarification of some of the terms used to describe menopause common menopausal changes and diseases attributed to being estrogen-deficient tools for gathering information, for "discovering knowledge," about yourself--a menstrual calendar card, hot flash body diagrams, a basal body temperature record, a body composition record, a menstrual bleeding scale, and factors to consider when choosing a care provider The women who share their experiences in Menopause, Me and You represent women at various stages of menopause. They describe for you what they are feeling as well as what it means to be a mid-life woman at the closure of reproductive life; they celebrate the end of menstruation but curse the changes--including mood swings, hot flashes, and vaginal/bleeding changes--they are experiencing. These changes are normal and expected, however, and need to be understood in that context. They are not symptoms of disease or an excuse for care providers to instantly prescribe hormones or drugs. With the information in Menopause, Me and You, women nearing or experiencing menopause, health care providers, such as nurses, health educators, and physicians, and counselors will better understand how women view this transition and come to accept it as another normal, necessary, and beautiful process in the lives of women.

MENOPAUSE MONDAYS

A Midlife Passage

The Female Body in Feminist Therapy

The Menopause Book

Each Woman's Menopause: An Evidence Based Resource

Menopause and the Vindication of Natural Life

Making Informed Choices

"FOR THE WOMAN WHO IS IN ON, OR ABOUT TO HIT MENOPAUSE" You need to arm your self quick, to handle and cope with this phase of your life. And this book will do just that! What you will learn This book has been organized into six parts, so you can head to the topic that interests you the most: Chapter I: Menopause Defined - This chapter will help you know what menopause is, and why women experience it at one point in their lives. It will also give you an overview on what happens in a woman's body before, during, and after menopause. Chapter II: Coping with Early Menopause - Not every woman goes through menopause at the expected age range. There are certain factors that can cause a woman to experience early menopause, such as after a surgical procedure. Chapter III: Familiarizing Yourself with the Symptoms - There are many symptoms associated with menopause, but how do you know if it is really the cause of those hot flushes and headaches? Chapter IV: Sex Life and Menopause - Going through menopause does not mean you will no longer appreciate sex. Chapter V: Alternative Non-Hormone Therapies - Hormone therapy is a controversial treatment plan because of the possible negative effects on the woman's body. If you are concerned about its effects, then you can consider the many alternative options available that do not require using hormones. Chapter VI: Menopausal Myths Busted - There are a lot of misconceptions about menopause that continue to brainwash a lot of people until today, and you should not be one of them. Get informed and check out these myth busters. After reading this book, you will learn that menopause is a natural process that involves different stages. It will also talk about the controversial and alternative approaches that can help protect you from the health risks associated with menopause. Always remember that you deserve to be happy, and be well-informed on what is happening in your body as you continue to enjoy life. Menopause is not a medical condition Nobody is going to die from menopause or any of its symptoms. However, women die every day from the effects of low estrogen levels. Your risks of certain health problems rise after menopause. It is true that estrogen has a role in a woman's overall health, including protecting your organs, slowing down degeneration, and increasing your immunity. The transformation caused by menopause impacts your

health in significant ways, and this book will help you understand the story behind each symptom and disease. **DOWNLOAD YOUR COPY TODAY!**

"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*.

During menopause many women experience a variety of symptoms; the most common being hot flushes from hormonal imbalances. Some women have a lot of problems during this transitional phase of life. Many find they need help to treat the symptoms of menopause. This eBook will show you the best possible ways to combat the common symptoms of menopause naturally and help you live a healthy and happy life post menopause.

Nurses are experts at translating knowledge for patients. Rouse, a registered nurse, has written this book for women experiencing this bewildering time in life through the eyes of a nurse. The easy-to-read text mixes understandable explanations with solid

For Nurse Practitioners, Advanced Practice Nurses and Allied Health Professionals
The Menopause Thyroid Solution
Menopause

Your Guide to Creating Vibrant Health and Happiness in the Second Half of Your Life
Women's Health in Menopause

The Girlfriend's Guide to Surviving and Thriving During Perimenopause and Menopause
Just the Facts, Ma'am!

Discover what happens to your body during the three stages of menopause Understanding the why and how of menopause empowers you to shape your own journey during this important transition. This book is an honest, accurate guide to menopause and how it impacts your body. It's full of information that prepares you for what may lie ahead and helps you handle any health concerns you may have. This menopause book can help you: Know what to expect—Learn about the three stages of menopause, 50 of the most common symptoms, why they occur, and the best ways to support yourself as your body changes. Understand the science—Find research-supported facts and practical advice to help you navigate the ups and downs of perimenopause, early menopause, and late menopause. Find an inclusive approach—Discover concise and practical guidance that gives you the tools to approach menopause in a way that feels right to you and your body. Take control of your menopause journey with help from this practical guide.

This book is designed to meet the needs of nurse practitioners, other advanced practice nurses, and allied health professionals working in women's health, primary care, and other specialties. The multiple roles the clinician embraces in menopause management include that of direct caregiver, manager of therapeutics, educator, and interdisciplinary team member or leader. This book provides updated, evidence based information on the menopause transition from the late reproductive stage to post-menopause to optimize the interaction of the clinician and the individual woman in each of those roles. Women's lived experiences of menopause and women's concerns regarding both the menopause transition and the choice of care options are included as critical components of shared therapy decisions. The review of natural menopause physiology and the variability of menopause symptoms are inclusive of diverse women and diverse trajectories. The impact of menopause on chronic disease, sleep, weight and nutrition, mood and cognition, urogenital health and sexuality, as well as vasomotor symptoms are each developed as individual topics by experts in those fields. Evidence based management using hormonal and non-hormonal options, and life-style and other complementary interventions are discussed with the most updated advantages and disadvantages of each treatment option. Consistent with advanced practice nursing theory, the approach is whole patient focused.

From Menarche to Menopause: The Female Body in Feminist Therapy examines the latest research on the menstrual cycle and women's reproductive health. This timely volume focuses on women in therapy who are disconnected from—or even repelled by—their own bodies due to cultural attitudes, abuse, trauma, or the natural aging process. Experts in the fields of psychology and women's health unite to celebrate the physical life stages of women and girls and to offer practical advice for therapists to use when addressing negativity caused by appearance, age, menstrual symptoms, or reproductive concerns. In this book, you will gain new understanding about the effects on a woman's mental health that transitional life stages can cause, from preadolescence through the childbearing years to menopause. The suggestions in *From Menarche to Menopause* can help women resist the bombardment of negative messages and misleading information they receive about their bodies and their reproductive concerns. This helpful resource can also assist you in opening new lines of communication between mothers and daughter, women and men, and women and other women. From Menarche to Menopause discusses how to handle topics such as: self-loathing caused by media and cultural messages that affect women's acceptance of their bodies overcoming a daughter's reluctance to discuss sensitive topics of bodily maturation, menstruation, and emerging sexual development helping women, men, and couples cope with infertility assisting women in overcoming a disappointing birth experience providing therapeutic care to women and couples who experience perinatal loss addressing perimenopause in midlife women and the concerns, negative attitudes, and uncertainty of this transition This unique book fills the gap in feminist therapy literature with practical advice concerning the functions of women's bodies that can be used within the therapy context. From Menarche to Menopause includes extensive references and several book reviews to further your research and provide reading and other resources you can recommend to your clients. This practical resource on women's reproductive health—as it relates to mental health—is an important addition to the bookshelves of feminist psychologists, clinical practitioners, social workers, and health practitioners as well as faculty and students of these disciplines.

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

Mayo Clinic The Menopause Solution
A Mental Health Practitioner's Guide

What to Expect During the Three Stages of Menopause
From Menarche to Menopause

The Menopause Makeover
A Natural Guide to Managing Hormones, Health, and Happiness

Menopause: How to Prepare for the Rest of Your Life

"In Menopause: A Midlife Passage, [questions about menopause] are considered in depth from a dazzling variety of angles. This is just the serious feminist discussion of menopause that I have been longing for.... its exquisite analyses renew us in our struggles to make sense of it all." -- Alice Dan, *Women's Review of Books* "Menopause has become a hot (with or without the flashes) topic in America. That's because a critical mass of us have reached it and are educated, aggressive, and confident enough to want to know what's happening to us, and then to talk about it.... Smart, useful, funny, Menopause: A Midlife Passage is a fine addition to the discussion, a healthy companion for this all-important life passage." -- Susan Stamberg, *Special Correspondent, National Public Radio* "Editor Callahan takes anything but a trendy approach to a very trendy topic. She's gathered essays by scholarly women who have thought through society's position on menopause and menopausal women and don't like what they see: older women denied positive portrayals in mainstream media, menopause treated by the medical establishment as if it were a disease rather than a natural occurrence, and devaluation of older women. Determined to change people's minds with their words, these women speak both powerfully and empoweringly. A must for feminist and women's health collections." -- *Booklist* "... a bold attempt to go beyond the standard medical framing of women's experience, and to contest the notion that the menopause is straightforwardly a hormonal 'deficiency disease'." -- *New Scientist* "... [an] entertaining and informative book that takes a very positive attitude toward the 'midlife passage'." -- *Fertility News* "This book should be required reading for all women's health care providers and anyone else doing counseling of menopausal women." -- *Journal of Women & Aging Essayists* from various walks of life present female-defined perspectives on menopause and the passage to new physical, social, and cultural development.

Few topics in women's medicine today are as fraught with confusion and controversy as the question of appropriate treatment for menopausal symptoms and the prevention of negative long term health outcomes common to post-menopausal women. Cardiovascular disease (CVD), osteoporosis, and cancer -- the most common causes of death, disability and impaired quality of life for women -- can potentially be prevented or forestalled by dietary, behavioral, and drug interventions. A better understanding of the natural history of the menopause is critical to providing better care. If women and their physicians have a better understanding of predictors of risk, they could make more informed decisions about interventions related to menopausal symptoms, CVD, osteoporosis and gynecologic and breast cancer. Few other recently introduced medical interventions have as great a potential of affecting morbidity and mortality as does hormone replacement therapy (HRT). HRT has produced effect on health risk: some are reduced, some are raised, and some uncertain, and these data are interpreted differently by various scientific, medical and consumer groups.

You can feel like yourself again Hot flashes and sleepless nights? Feeling anxious and irritable? Frustrated with weight gain? It's time for a makeover—a menopause makeover! Based on the latest scientific research, and designed for both pre- and post-menopausal women, The Menopause Makeover is a proven, eight-step program to help you reclaim your health—and your life. - Evaluate if hormone therapy is right for you. - Beat belly bulge with The Menopause Makeover food pyramid and recipes. - Tone up and trim down with The Menopause Makeover fitness formula. - Boost your libido and learn to love intimacy again. - Regain your vibrant, youthful glow with essential beauty tips. - Manage stress and get off the mood-swing roller coaster. - Stay motivated with self-assessments and tools to track your progress.

The critics raved: "Dr. Spock for aging women...extremely well researched and presents cutting-edge science in a readable and comprehensive way. An excellent reference."—The North American Menopause Society. "Sympathetic, very readable, comprehensive...I highly recommend this excellent guide."—Isaac Schiff, M.D., Harvard Medical School. "Required reading for women wanting to maximize the second halves of their lives."—Wulf H. Utian, M.D., Ph.D., founder and executive director, The North American Menopause Society. "Bravo! This book should be a birthday gift for every 40-year-old (actually, probably earlier)."– Barb Malat, CPNP, PA-C, co-chair, Menopause and Hormone Therapy Committee, Association of Reproductive Health Professionals. Originally published in 2007 as *Is It Hot in Here? Or Is It Me?*, The Menopause Book is the all-in-one bible for women approaching or experiencing menopause. Completely revised and updated with a compelling, authoritative new look, the latest medical findings and advice, and a straightforward new title, *The Menopause Book* incorporates the most cutting-edge research on hormones and hormone therapy; hot flashes; heart disease and stroke; breast cancer in older women; and the subtle symptoms of ovarian cancer. It also discusses new findings on why it's hard for menopausal women to lose weight; osteoporosis and estrogen; the interplay between migraines and hormones; panic attacks; and more. Of all the books on the market, this is the soundest-based on science, the material is vetted by top authorities in the field, the facts are up to date, the writing engaging, the tone upbeat. It's the essential guide for every woman who wants to take charge of her health.

How I Learned to Thrive During Menopause and How You Can Too
Manage Its Symptoms with the Blood Type Diet

Menopause: 50 Things You Need to Know
Finding Hope in the Midlife

The Breakthrough Book on Natural Progesterone
The Six-Week Guide to Calming Hot Flashes & Night Sweats, Getting Your Sex Drive Back, Sharpening Memory & Reclaiming Well-Being

The Wisdom of Menopause Journal
Find Yourself Again with a Natural Approach to a Natural Transition

Menopause is too often treated as a problem to be solved or an illness to be cured, not the natural process it is. World-renowned healthcare expert Maryon Stewart outlines her wonderfully comprehensive and practical Six-Week Natural Menopause Solution with steps that women can take to feel better right away. Detailed questionnaires help you assess which areas of your life most need addressing – from brain foggiess and mood swings to painful sex, weight gain, and complexion issues. Maryon then shows you exactly what to do, nutritionally and in other areas of your life, to overcome symptoms. The powerful results of Maryon's program don't end after six weeks; instead, they point the way toward not just a good life, but a life that's better than ever.

Turn menopause and midlife into a positive experience Dealing with the Psychological and Spiritual Aspects of Menopause examines the emotional toll of menopause, offering help for the worry, anxiety, stress, and depression women can face during the midlife years. Instead of focusing on estrogen, hormones, and osteoporosis, the book shares up-to-date research findings on the link between spiritual and emotional health. Women from different backgrounds and spiritual traditions will find hope in the healing power of the mind/body/spirit connection as they gain a healthy perspective of the changes taking place and restore balance to their lives. Dealing with the Psychological and Spiritual Aspects of Menopause goes beyond the traditional medical approach to examine ways women can make peace with the changes they face at midlife. This unique book informs, empowers, and enlightens women about the opportunities for personal and spiritual growth during menopause, offering strategies for exercise, meditation, prayer, and counseling. The authors offer a new perspective on menopause that offers hope in the face of the stress, worry, hot flashes, and often-overwhelming responsibilities women face at the midlife. This book demonstrates that women can do more than just "make it through" menopause. The authors show that menopause can become a positive experience for women as they discover new avenues for finding peace and hope to sustain them through the challenges of mid-life—and beyond. Dealing with the Psychological and Spiritual Aspects of Menopause examines alternative aspects of menopause, including: dealing with emotional loss on top of physical and psychological changes moods, attitudes, and depression the benefits of counseling and group support exercise as a treatment for anxiety and depression the work experience spiritual issues special challenges of the perimenopausal period and much more! Dealing with the Psychological and Spiritual Aspects of Menopause is a vital resource for physicians, counselors, therapists, and psychologists, and especially for the women they treat.

Organized for ease of use by today's busy mental health clinicians, Menopause: A Mental Health Practitioner's Guide describes the latest knowledge and clinical recommendations associated with menopause in a single, concise guide that is clearly written and comprehensive in scope. Menopause is about change -- but it is also a normal life stage traversed by most women with little or no difficulty. Not all women have symptoms as they transition to menopause, and women with symptoms experience them in different combinations and levels of intensity. The management of perimenopause and menopause is also rapidly changing. The past 5 years have seen truly dramatic changes in our scientific knowledge of and medical recommendations for perimenopause and menopause. For example, until recently, hormone replacement therapy was highly advocated as an essential aspect of care for women in perimenopause and menopause. Even the definitions used to describe the different time periods and stages associated with natural (i.e., nonsurgical) menopause have changed over time and can be confusing. Thus, Menopause: A Mental Health Practitioner's Guide uses the 1994 World Health Organization Scientific Group on Research in the Menopause terminology, augmented by more recent refinements made by the Stages of Reproductive Aging Workshop. The essential Menopause: A Mental Health Practitioner's Guide sheds light on the complexity and constant change integral to the study and treatment of menopause, bringing together the current work of 14 internationally recognized menopause experts in psychiatry, neuroscience, gynecology, and internal medicine. After an introductory chapter sets the contexts of midlife in women, subsequent chapters in Menopause: A Mental Health Practitioner's Guide cover the following topics: The basic physiology of the menopausal transition and menopause. The effects of gonadal hormones on the central nervous system, and in particular, depression, anxiety, and irritability during the menopausal transition and midlife. New research findings and clinical advice about the effect of gonadal hormones and menopause on psychotic illness in women. An examination of the medical aspects of and the gynecologic aspects of perimenopause and menopause. A look beyond menopause to the psychopathology and psychotherapy of older women in various cultures. The timely information contained in Menopause: A Mental Health Practitioner's Guide will help mental health professionals to formulate current, best understanding and treatment for the psychological problems that some women experience as they traverse perimenopause and menopause.

An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field. The physical changes that occur after women turn forty are unavoidable—and can be unnerving. Menopause affects every aspect of life—from sex and sleep to mood and mental clarity to weight and body temperature. While there are a number of resources available, many are confusing and contradictory. Now, Manhattan gynecologist Dr. Tara Allmen, an experienced, nationally board-certified menopause practitioner and the recipient of the 2015 Doctor 's Choice National Award for Obstetrics & Gynecology, shares her knowledge to help women be their happiest and healthiest, and turn this challenging time into an exciting one. Written in her effervescent yet assured voice, Menopause Confidential provides simple strategies and cutting-edge information on: hormonal changes and the symptoms of perimenopause and menopause; the health risks associated with midlife—from cutting through the conflicting opinions and advice about health screenings (Do I really need a colonoscopy? How often should I get a mammogram?) to common medical conditions, such as osteoporosis; various remedies, both allopathic and natural, to combat symptoms and empower women to make the best choices for their individual needs; practical tips and resources for mitigating the effects of menopause. Fifty-one-year-old Dr. Allmen knows firsthand what women are going through, and shares stories of her own personal travails and solutions. Women can 't turn back the clock, but they can take control of their health and flourish in midlife. Menopause Confidential encourages them to be informed, be proactive, and be their greatest selves.

Menopocalypse
Behaviour, Cancer, Cardiovascular Disease, Hormone Replacement Therapy

Overcome Menopause by Solving Your Hidden Thyroid Problems
How the Medical Establishment Exploits Women

What Nurses Know...Menopause
Historical, Medical, and Cultural Perspectives

Creating Physical and Emotional Health During the Change

This eBook attempts to explain what "going through menopause" means and how it impacts both men and women of menopausal age. Its unique approach goes beyond Menopause as a condition associated solely with women. It ventures a step further by tackling the issue of Andropause, otherwise known as Male Menopause. This enables us to talk more openly about health problems associated with Menopause, including Male and Female Menopause Depression. Dramatic as the changes are, and life-changing as the experience is, in reality, Menopause does not have to be as difficult or depressing as most people imagine. There are easier options than Menopause Medications, and they come in the forms of Natural Remedies and Alternative Therapies. Together, we will explore the world of botanicals, phytoestrogens, and isoflavones, along with all the best foods and exercises to suit a new and different you! This eBook will put you in the best state of health, happiness and enjoy this new chapter in your life.

Addressing such symptoms as hot flashes, a loss of libido, and osteoporosis, a guide to managing menopause identifies foods that can be strategically consumed for medicinal benefit and in accordance with specific blood types, in a volume that also provides exercise and supplement recommendations. Reprint. 15,000 first printing.

Have you arrived at "the change of life" yet? 6836
Examines the scientific evidence for and against hormone therapy for women past menopause, reviews the alternatives to it, and discusses its risks and limitations.

The Complete Mind/Body Approach to Coping with Menopause
Menopause, Me and You

Your Toolkit to Take Control, Be Empowered and Achieve Life-Long Health

The Bible Cure for Menopause

Flash Count Diary

Our Bodies, Ourselves: Menopause

Dealing with the Psychological and Spiritual Aspects of Menopause

FROM THE EDITORS OF THE CLASSIC "BIBLE OF WOMEN'S HEALTH," A TRUSTWORTHY, UP-TO-DATE GUIDE TO HELP EVERY WOMAN NAVIGATE THE MENOPAUSE TRANSITION For decades, millions of women have relied on *Our Bodies, Ourselves* to provide the most comprehensive, honest, and accurate information on women's health. Now, in *Our Bodies, Ourselves: Menopause*, the editors of the classic guide discuss the transition of menopause. With a preface by Vivian Pinn, M.D., the director of the Office of Research on Women's Health at the National Institutes of Health, *Our Bodies, Ourselves: Menopause* includes definitive information from the latest research and personal stories from a diverse group of women. *Our Bodies, Ourselves: Menopause* provides an in-depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes, mood swings, and night sweats. In clear, accessible language, the book dispels menopause myths and provides crucial information that women can use to take control of their own health and get the best care possible. *Our Bodies, Ourselves: Menopause* is an essential resource for women who are experiencing -- or expecting -- menopause. In this scholarly compilation of a major event in the life of every woman, editor Ruth Formanek has adopted an avowedly multidisciplinary mandate: to illuminate menopause as both an event and a stage of life by gathering together a variety of discipline-specific meanings and research perspectives. The result is an admirably comprehensive study that not only charts the premodern meanings of menopause, but proceeds to examine menopause from current biomedical, endocrinological, culutral, and psychological perspectives. Ample attention is give to the psychosocial influences on menopause and to cross-cultural variations in the experience of, and life adjustments that follow, menopause. Societal and familial attitudes toward menopausal women are also explored through an examination of women in classical and modern literature. Clinical contributions review psychoanalytic perspectives on menopause, elucidate the individual meanings of the menopausal experience uncovered in therapy, and consider male views of menopausal women. Collectively, the contributors to this volume remedy the scant attention menopause has heretofore received in the psychological and psychotherapeutic literature. They not only explore the range of issues associated with menopause, but address these issues in the context of the various myths and superstitions about menopause that have endured over the centuries. Essential reading for students of human development, gender issues, and women's studies, *The Meanings of Menopause* is, for helping professionals, an invaluable source book on a life event fraught with psychological significance.

Newly revised and updated for this fourth edition, this groundbreaking book has inspired more than a million women with a dramatically new vision of midlife--and will continue to do so for generations to come. Dr. Northrup draws on the current research and medical advances in women's health, including: up-to-date information on hormone testing and hormone therapy, with new options and new research, a whole new take on losing weight and training your mind to release extra pounds, new insights on the relationship between thyroid, Hashimoto's Disease, and Epstein Bar Syndrome, new, less invasive and more effective fibroid treatments, which supplements are better than botox for keeping skin looking youthful, how taking the supplement Pueraria mirifica can optimize many aspects of midlife health and wellness, why older women don't need the HPV vaccine. Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment--emerging wiser, healthier, and stronger in both mind and body than ever before. -- adapted from back cover.

Coney destroys the myth that menopause is a disease with inevitable symptoms like depression, osteoporosis, and low sex drive. She explains what is really known about midlife health, explores the effect of society's negative views of aging, and examines the benefits and risks of common medical interventions like hormone replacement therapy, mammography, and cervical screening. After you read *The Menopause Industry*, you will be aware, informed, and able to make the right choices for you.

Endocrinology and Management

Menopause Man-Unplugged

The Complete Guide to the Menopause

Menopause For Dummies

The Complete Guide: Hormones, Hot Flashes, Health, Moods, Sleep, Sex

Natural Menopause Remedies: No More Hot Flashes, Insomnia, Night Sweats, Weight Gain...Feel Better Quickly!

A holistic guide to managing menopause draws on the latest research to provide a customizable plan of nutrition, exercise, and relaxation response techniques that can reduce such symptoms as hot flashes, night sweats, mood swings, and insomnia. Original. 20,000 first printing.

ABOUT THE BOOK Life involves a number of transitional stages, from birth to death. Menopause signifies the end of your reproductive years. Your ovaries stop producing enough eggs needed for stimulating estrogen production. Accordingly, your estrogen levels drop and lead to a number of physiological changes. As the term implies, the transitional stage occurring immediately before menopause is known as perimenopause. The perimenopausal transitional life stage can start anywhere from 10 years before menopause and is a gradual progression. Perimenopause does not need to be scary, but there are secrets you need to understand to make this stage of your life more comfortable while reducing associated symptom severity. MEET THE AUTHOR The Hyperink Team works hard to bring you high-quality, engaging, fun content. If ever you have any questions about our products, or suggestions for how we can make them better, please don't hesitate to contact us! Happy reading! EXCERPT FROM THE BOOK Estrogen plays an integral part in your brain's functioning and signaling system by directing blood flow to more active parts of your brain. Since aging involves losing estrogen, your brain activity can be negatively affected, according to Russel Thompson. As you age, your brain processing function decreases. You can prepare yourself for menopause by keeping your brain active in a number of ways: Pay attention to what you do. Paying attention to what you are doing increases your ability to remember. Distraction plays a key role in being disorganized and making it feel as if you are losing your mind. Instead, slow down and perform one task at a time. Concentrating on one task at a time trains your brain to operate efficiently. Lists can help increase cognitive awareness. Begin each day by making a list of everything you want to accomplish. Lists increase organization, lower your risks of forgetting and help you avoid becoming frustrated. Keep your initial list limited to five items to avoid being overwhelmed. As you perform a task, cross it off your list. Not only will you feel a sense of accomplishment, your self-confidence will increase and you will become better organized. Buy a copy to continue reading!

Menopause is uncharted territory for every woman, and it's often difficult to know what you can do to ease the effects of hormonal changes without medication. With honesty and optimism, *The Menopause Diet Plan* encourages women to take a positive approach to managing their physical health and emotional well-being during perimenopause and beyond by offering easy, natural strategies for managing their weight, hot flashes, sleep difficulties, mood swings, bone health, and more. It highlights the current scientific evidence on the best diet and exercise plan for weight control and how to keep your heart, brain, and bones healthy while decreasing your risk for cancer and other chronic conditions. Registered dietitians Hillary Wright and Elizabeth Ward suggest targeted lifestyle changes including stress management, healthy eating strategies, and dietary supplements, and they balance evidence-based recommendations with real-life circumstances. *The Menopause Diet Plan* is unique, taking the best advice from the world's healthiest diets and combining it with science-based nutrition and lifestyle advice to address common concerns during, and after, the transition through menopause. It also includes delicious recipes such as Peanut Butter Smoothie, Chicken Italiano, and Chocolate Oatmeal Energy Bars to inspire a balanced eating plan that benefits women at this stage of life. With a comprehensive approach to better health before, during, and after menopause, *The Menopause Diet Plan* gives women the chance to take charge of their health and live life to the fullest.

The Sound of Women Pausing

The Menopause Diet Plan