

### Period Repair Manual Lara Bridens Healthy Hormone Blog

Alleviate the symptoms of perimenopause and menopause with simple and safe DIY diffusions, tonics, and tinctures made with essential oils, from “a true innovator and thought leader in the field of women’s hormone health” (JJ Virgin, New York Times bestselling author of The Virgin Diet). What if menopause didn’t have to be a struggle? Your body is always changing–necessarily and beautifully–throughout life. During menopause, however, declining ovarian function and fluctuating hormones often clash with environmental toxins, stress, and digestive distress, leading to the symptoms we have been told we should expect: hot flashes, weight gain, brain fog, low libido, and irritability. But as women’s hormonal health expert and bestselling author Dr. Mariza Snyder explains, you can and deserve to experience a good night’s sleep, clear thinking, stable moods, an energized metabolism, and pain-free sex. The solution lies not in medicating the root cause of what’s really going on in the body. In The Essential Oils Menopause Solution, Dr. Mariza offers a cutting-edge, comprehensive plan to do just that, including:
• a clear explanation of what’s happening in your body before, during, and after “the change,” and how certain lifestyle triggers exacerbate hormonal imbalance.
• the latest science behind the benefits of essential oils as safe, effective solutions for perimenopause and menopause symptoms.
• more than 75 recipes and protocols designed to provide solutions for deep, restful sleep, restfulness, mood swings, fatigue, hot flashes, low libido, brain fog, vaginal dryness, digestive distress, and much more.
• a proven 21-day hormone-balancing program complete with meal plans, exercise recommendations, supplementation, and herbal therapies designed to reverse the myriad of symptoms affecting millions of women today.
• easy self-care rituals to support every system of your body—from digestion and vaginal health to mitochondrial and liver function—throughout the perimenopausal and menopausal transition. Dr. Mariza Snyder is committed to helping women feel their best; her work is dedicated to solutions that heal a woman’s health from the ground up. In as little as twenty-one days, The Essential Oils Menopause Solution will help you reclaim vibrant, optimal, and long-lasting health.

A Unique 8-Step System to Reverse Your PCOS Author and naturopathic doctor Fiona McCulloch dives deep into the science underlying the mysteries of PCOS, offering the newest research and discoveries on the disorder and a detailed array of treatment options. Polycystic ovary syndrome (PCOS) is the most common hormonal condition in women. It afflicts ten to fifteen percent of women worldwide, causing various symptoms, including hair loss, acne, hirsutism, irregular menstrual cycles, weight gain, and infertility. 8 Steps to Reverse your PCOS gives you the knowledge to take charge of your health. Dr. McCulloch introduces the key health factors that must be addressed to reverse PCOS. Through quizzes, symptom checklists, and lab tests, she’ll guide you in identifying which of the factors are present and what you can do to treat them. You’ll have a clear path to health with the help of this unique, step-by-step medical medicine system to heal your PCOS. Having worked with thousands of people seeking better health over the past fifteen years of her practice, Dr. McCulloch is committed to health education and advocacy, enabling her patients with the most current information on health topics and natural therapies with a warm, empathetic approach. With unflinching honesty, Lara Parker, the Deputy Director for BuzzFeed, shares her day-to-day challenges of living, working, and loving with chronic pain caused by endometriosis in this raw, darkly humorous, and hopeful memoir. I wasn’t ready to be completely honest about my vagina yet, and the world wasn’t ready for that either. But I was getting there. I wanted the world to know that all of this pain I had been feeling...that it was related to my vagina. Thus, Vagina Problems was born. It was a cutesy name. It was my way of taking this pain and saying, “Whatever. I’m here. I have it. It sucks. Let’s talk about it.” In April 2014, Deputy Editorial Director at BuzzFeed Lara Parker opened up to the world in an article on the website: she suffers from endometriosis. And beyond that? She let the whole world know that she wasn’t having any sex, as sex was excruciatingly painful. Less than a year before, she received not only the diagnosis of endometriosis, but also a diagnosis of pelvic floor dysfunction, vulvodynia, vaginismus, and vulvar vestibulitis. Combined, these debilitating conditions have wreaked havoc on her life, causing excruciating pain throughout her body since she was fourteen years old. These are her Vagina Problems. It was five years before Lara learned what was happening to her body. Five years of doctors insisting she just had “bad period cramps,” or implying her pain was psychological. Shamed and stigmatized, Lara fought back against a medical community biased against women and discovered that the ignorance of many doctors about women’s anatomy was damaging more than just her own life. One in ten women have endometriosis and it takes an average of seven years before they receive an accurate diagnosis—or any relief from this incurable illness’ chronic pain. With candid revelations about her vaginal physical therapy, dining as a straight woman without penetrative sex, coping with painful seizures while at the office, diet and wardrobe malfunctions when your vagina hurts all the time, and the depression and anxiety of feeling unloved, Lara tackles it all in Vagina Problems: Endometriosis, Painful Sex, and Other Taboo Topics with courage, wit, love, and a determination to live her best life. A depressant aren’t the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that’s relevant and easy to understand. Bestselling author and women’s health expert Christiane Northrup, who we arrive like a bolt of lightning in the present moment, and all our arguments against ourselves and life go quiet.” teaches Sarah Blondin. “No matter where you are, no matter what you are doing, you can touch this place in yourself to feel free and alive.” With poetic brilliance and skillful instruction, this renowned teacher brings you a treasury of meditations and spiritual teachings to help you detach from your busy mind and tune into your feeling heart. As the students of her popular online trainings can attest, these simple and powerful practices can instantly bring you into a deeper connection with yourself and others. And you can go back to these meditations whenever you feel overwhelmed, disconnected, or afraid. Read Heart Minded from front to back for a full course in living a life guided by the wise heart—or open to any page for a reminder that, beneath your burdens and troubles, you are fundamentally whole and free. This book includes links to free guided meditations on audio, presented by Sarah Blondin.

How to Work in Sync with Your Biochemistry to Unlock Peak Productivity, Health, and Happiness

Period Queen

Her Blood is Gold

The Trying Game

Six Weeks to Banish Bloating, Conquer Cramps, Manage Moodiness, and Ignite Lasting Hormone Balance

Hormone Intelligence

*“This fiction book begins as eight frustrated midlife women—from all walks of life—meet Dr. Kailey Madrona, a woman specialist. All are in perimenopause, the long and chaotic transition to menopause. They are as different as women can be—yet they share the mysterious experiences of perimenopause, night sweats, flooding periods or mood swings. We follow these women as they consult Dr. Madrona, learn the surprising hormonal changes explaining their symptoms, get better or worse, and try or refuse therapies. As each woman lives through her particular challenge, we begin to see how we, too, can survive perimenopause! Dr. Jerilyn Prior tells the story of women in perimenopause through a unique blend of storytelling and scientific fact.”--*

*Alisa Vittit found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, ‘Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?’ With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vittit says that medication and anti-depressants aren’t the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that’s relevant and easy to understand. Bestselling author and women’s health expert Christiane Northrup, who has called WomanCode the ‘Our Bodies, Ourselves of this generation’, provides an insightful foreword.*

**INSTANT NEW YORK TIMES BESTSELLER • WALL STREET JOURNAL BESTSELLER • #1 GLOBE AND MAIL BESTSELLER • USA TODAY BESTSELLER** You are not broken. Being a woman is not a diagnosis. Take your body back with the groundbreaking new science for women in Hormone Intelligence. Hormonal. We all know what it means when we hear it – and feel it. While hormonal shifts are natural throughout women’s lives, too many experience distressing period symptoms, struggle daily with PCOS, endometriosis, a fertility challenge, pain, low sex drive, sleep problems, acne, bloating, hot flashes, and more – all due to hormone-related problems. And too many are unable to get the answers they’re really seeking from their doctors. There is a solution. In Hormone Intelligence, Yale trained and internationally renowned women’s health expert, Dr. Aviva Romm, helps you identify the root causes of your symptoms and guides you through a 6-week proven program to achieve lifelong hormonal and gynecologic health. Using a holistic, dietary and lifestyle changing approach, Hormone Intelligence goes beyond treating symptoms to the deeper factors impacting women’s health, so you can reclaim your body, hormones, and self. Inside Hormone Intelligence, you’ll find:
• Hormone Health 101: Understand the key components of the hormone epidemic and associated dietary and lifestyle triggers.
• Symptoms and Root Causes Demystified: Discover what your symptoms are saying about your hormones with quizzes, checklists, trackers, and more.
• A 6-Week Action Plan: Learn what foods you should indulge and avoid, how to repair your microbiome to support hormone health, how to identify environmental hormone disruptors, engage your body’s natural detoxification systems and reduce hidden inflammation, and the lifestyle changes that lead to happy, healthy hormones.
• Delicious, done-for-you meal plans to take you through the entire program, including vegan options. Hormone Intelligence is an invitation to a whole new relationship with your body and hormones, the exhale you’ve been waiting for, and the first step on the road to realizing that a diagnosis does not have to be your destiny. Extended references, a complete index, and additional resources for Hormone Intelligence can be found at the author’s website.

**MENSTRUATION ISN’T JUST ABOUT HAVING BABIES** Your menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health.The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle. In this book you’ll learn: –What a normal cycle looks like; –The best way to chart your cycle and increase your fertility awareness; –How best to manage critical aspects of your health, including better sleep, exercise and a healthier diet; –Natural methods for managing period pain and PMS; –How to successfully avoid pregnancy without the pill; and –How to plan ahead if you do want to get pregnant. The Fifth Vital Sign aims to better connect women with their menstrual cycles, to break the myth that ovulation is only important when you’re ready to have a baby. READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY Whether children are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. ABOUT THE AUTHOR Lisa Hendrickson-Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization.

The Menopause Reset

The Happy Hormone Guide

Period Repair Manual

Alleviate Your Symptoms and Reclaim Your Energy, Sleep, Sex Drive, and Metabolism

Taking Charge of Your Fertility, 10th Anniversary Edition

Get Rid of Your Symptoms and Feel Like Your Younger Self Again

Endometriosis, Painful Sex, and Other Taboo Topics

Celebrating 10 years of helping hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, and gain better control of their health and lives, the 10th Anniversary Edition of the classic bestseller will include:
•New ‘Preface to the 10th Anniversary Edition’
•Updates on new fertility technologies
•Natural approaches to conception
•Updated Resources and Books For any woman unhappy with her current method of birth control: demoralized by her quest to have a baby her cycle, this book provides answers to all these questions, plus amazing insights into a woman’s body. Weschler thoroughly explains the empowering Fertility Awareness Method, which in only a couple minutes a day allows a woman to
•Enjoy highly effective, scientifically proven birth control without chemicals or devices
•Maximize her chances of conception or expedite fertility treatment by identifying impediments to conception
•Increase the likelihood of choosing the gender of your gynecological health

Period Repair ManualNatural Treatment for Better Hormones and Better PeriodsLara Briden

Ancient reverence for the mystery and magic of menstruation has been replaced by silence, ignorance, and PMS jokes. Breaking the silence of the menstruation taboo, Briden is a pioneering and liberating exploration of the “M” in PMS. The powerful stories of three very different women help women recognize the power of their periods.

From the author of “Fertility Diary” for the New York Times Motherhood blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. “A compassionate, often funny, well-researched, and ultimately empowering guide.”--Lori Gottlieb, New York Times bestselling author of Maybe You Should Talk to Someone There are so many ways to be No or unpartnered. Maybe you have endometriosis. Maybe you don’t have enough eggs or your partner doesn’t have enough sperm. Or maybe there’s nothing wrong except you’re Just. Not. Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for the New York Times Motherhood blog. Now, Amy has written the book she wishes she’d had when she was trying to get pregnant. With advice from medical experts as well as real women, she outlines your options every step of the way, from questions you should ask to advice on getting your mother-in-law to mind her own beeswax. In this comprehensive road map to infertility, you’ll find topics such as:
• whether to freeze your eggs
• finding (and affording) a clinic
• what to expect during your first IVF cycle
• baby whether the alternative route—acupuncture, herbs, supplements—is for you
• helpful tips, charts, and more! Empowering, compassionate, and down-to-earth, The Trying Game will show you what to expect when you’re not expecting with heart and humanity when you need it the most.

Hormonal

Navigating your hormones on the journey to menopause

Hormone Repair Manual

Every Woman’s Guide to Healthy Hormones After 40

No Period. Now What?

Celebrating the Power of Menstruation

A Manifesto for the Menstrual Movement

Healthy menstrual cycles are the 5th vital sign of a woman’s health. If a woman’s menstrual cycle is not healthy she is not healthy. Her health depends on regular ovulation and true menstruation. Stopping the use of hormonal contraceptives and making the necessary changes to return to regular ovulation and healthy menstrual cycling, is one of the most important things a woman can do for her health, short term and long term. This concise, clinical-based guide teaches women and their care providers how to restore menstrual cycle health (fertility) and endocrine balance after stopping the use of hormonal contraceptives. Included are holistic and nutritional suggestions to support menstrual cycle health, including non-pharmaceutical approaches to managing difficult periods and restoring nutritional status. Included are narratives of various women’s experiences women when they stop using hormonal contraceptives. This is a companion book to ‘Justisse Method Fertility Awareness and Body Literacy: A User’s Guide’ Why A Book About Coming Off the Pill? WE SEE WOMEN every day in our clinic that experience reproductive and other health problems while on and after discontinuing the birth control pill or other forms of hormonal contraception. They report nd-ing few, if any, resoures to help them deal with the physiological upheaval these drugs create in their bodies. Many women also report using hormonal contraception to deal with very dif cult periods or other hormonal disorders. They report nding little support on or information for using non-hormonal forms of birth control or ways to deal with hormonal disorders without the use of drugs. The intention of this book is to share with women some of those hard to nd bits of information; information that we use in our clinical practices every day.

Naturopath Lara Briden wants to give women the knowledge and tools to improve their period health. Every woman will menstruate in their lifetime, and one in two women will struggle with their period health. Lara’s book, previously self-published, has already garnered rave reader reviews because of it deals so openly and compassionately with this important aspect of women’s health. Containing invaluable advice for women of every age and circumstance, and detailing natural treatments from nutritional supplements to a healthy diet, this book promises to help women change their relationship with their menstrual cycle. Topics include how to come off hormonal birth control; what your period should be like; what can go wrong; how to talk to your doctor; treatment protocols for all common period problems, including PCOS and endometriosis. Thoroughly researched and written in clear and accessible language, Lara Briden’s Period Repair Manual is the ultimate guide to better periods.

A world-renowned women’s health expert reveals a bold, practical, and data-driven handbook for menstrual periods that provides an easy-to-navigate roadmap for improving your reproductive health—and your everyday quality of life. We’ve been lied to about periods. PMS, cramping, bloating, and anxiety may be extremely common, but contrary to popular belief, they aren’t normal. And they certainly aren’t just a part of being a woman,” despite the fact that this is what we’ve been told time and time again—by friends, family, and even doctors. After dedicating her entire clinical career to deconstructing the menstrual cycle, women’s health expert Kirsten Karchmer knows better. During her more than twenty years of research and treating thousands of patients, Karchmer found that most period migraines women experience—even the most painful ones—are totally correctable and more surprisingly reflective of overall health and fertility. In this forthright, spirited, and all-encompassing guide, Karchmer draws on her decades’ worth of experience as a women’s health expert to break down the myths so many women have been led to believe about their periods. For the more than 82 million women in the world who suffer from menstrual conditions, Seeing Red explains the importance of a healthy menstrual cycle (and how to achieve it) and why it is important to the women’s movement. Menstrual cycles are not a curse, but an instrument providing women with one of the most valuable, regularly occurring, and free diagnostic tools they have, giving them access to unprecedented health and power.

Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women’s health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn’t have enough to worry about, that little pill we’re taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book BEYOND THE PILL, specializes in treating women’s hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, BEYOND THE PILL is an actionable plan for taking control, and will help readers:
• Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone
• Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill
• Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood
• Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes Featuring simple diet and lifestyle interventions, BEYOND THE PILL is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

A 21-Day Plan for Reclaiming Your Health and Life with Polycystic Ovary Syndrome

Wild Power

Seeing Red

50 Things You Need to Know About Periods

Coming Off the Pill, the Patch, the Shot and Other Hormonal Contraceptives

Life hack your cycle and own your power all month long

This Is Your Brain on Birth Control

PERIOD founder and Harvard College student Nadya Okamoto offers a manifesto on menstruation and why we can no longer silence those who bleed—and how to engage in youth activism. Throughout history, periods have been hidden from the public. They’re taboo. They’re embarrassing. They’re gross. And due to a crumbling or nonexistent national sex ed program, they are misunderstood. Because of these stigmas, a status quo has been established to exclude people who menstruate from the seat at the decision-making table, creating discriminations like the tampon tax, medicines that favor male biology, and more. Period Power aims to explain what menstruation is, shed light on the stigmas and resulting biases, and create a strategy to end the silence and prompt conversation about periods.

The authoritative guide to recovering from hypothalamic amenorrhea: no period due to some combination of underfueling (consciously or not), high intensity exercise, weight that is too low for you and/or weight loss, and stress. There is also a comprehensive section on fertility and fertility treatments for those interested in getting pregnant.

The one stop positive guide to getting your period. Getting your period can be exciting – but it can also be quite daunting and there are a lot of questions you might be too scared to ask. Like how much will I bleed? Does it really hurt? And what’s the point of a period anyway? Separating the fact from the fiction, Mill Hill answers everything you need to know – from Moonpicks and period pants, to cramps and hormones. She’ll explain how incredible the female body is and what is actually going on down there (and why!). With guidance on how best to prepare for your period each month, this book will help you discover how to chart your monthly cycle, check in with yourself at different times of the month and even explore the many positive ways you can celebrate your period! Find your flow, bust some myths and feel proud of the amazing things your body is doing every single month.

A biohacking program for women, teaching them how to use their natural 28-day cycle to optimize their time, diet, fitness, work, and relationships. Presents a 4-week solution to manage energy and time according to female biochemistry. By working with each phase, you’ll support your hormones, unlock peak creativity and performance, and avoid burnout. You’ll know exactly when to eat certain foods, clear your social calendar, or ask for a raise—and you’ll have the tools to do so. Includes meal plans and recipes for each phase; carts for phase-specific exercises, work tasks, and relationship activities; a daily planner that helps you align with your strengths in each phase; and a biohacking toolkit for navigating period problems and hormonal birth control.

Learning How to Restore Menstrual Cycle Health and Endocrine Balance After Stopping Use of Hormonal Contraceptives

The Period Repair Manual

Find Your Flow and Feel Period Positive!

The Hidden Intelligence of Hormones -- How They Drive Desire, Shape Relationships, Influence Our Choices, and Make Us Wiser

Healthy Hormones

A Plant-based Program to Balance Hormones, Increase Energy, & Reduce PMS Symptoms

Healing PCOS

*A fact-filled conversation starter on menopause by comedian and health campaigner Jean Kittson.When Jean Kittson hit menopause, she was amazed at what she didn’t know. Given that 1.5 million Australian women are menopausal at any one time, why, she wondered, was menopause so little discussed and then only in hushed tones?So Jean set out to write the sort of book she felt she needed to read: ‘An easy-to-read book full of useful information that didn’t make you want to put on an old chenille dressing-gown and a pair of comfortable slippers and throw yourself under a marching band.’You’re Still Hot to Me is a chatty - sometimes robust - conversation between women and with some of Australia’s top experts. Discover how to recognise symptoms (would you like hot flushes with that chocolate?), get the medical attention you deserve, and the lowdown on which treatments really work. You will learn about combining menopause with work, sex and parenting, and how to emerge at the other end still talking to those you love.Candid and frequently hilarious, this is your starter kit on how to cheerfully embrace and confidently manage this momentous time of life.’It’s just fabulous!!! Informative, accurate (a nice change from lots of stuff written about menopause), funny and just so accessible. I love it and finally have the definitive book to recommend to my patients.” - Dr Penny Adams, GP and advocate for women’s health.*

*“Nicole Jardim walks the talk, and I am confident that Fix Your Period will ignite the hormone balance you are seeking and restore your vitality.” --Sara Gottfried, MD, New York Times bestselling author of The Hormone Cure A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women’s health coach and co-host of the podcast The Period Party. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Headaches. No wonder we call it the curse. For many, it’s not just an inconvenience—it’s a colossal life disruption, forcing them to miss work, school, appointments, or dates. We’ve been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim explains, periods aren’t a nuisance, they’re information. When you learn to decode your period (or lack thereof), you’ll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim’s proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim’s Fix Your Period is essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS, Endometriosis, or fibroids—and for anyone who wants to take charge of her hormonal health—and regain control of her life—naturally.*

*A comprehensive, plant-based lifestyle program to help women balance their hormones, increase energy, and reduce PMS symptoms. After struggling for years with acne, oily skin and hair, debilitating cramps, mood swings, brain fog, intense cravings, insomnia, bloating, and weight gain before her period, author and certified hormone specialist Shannon Leapski developed the Happy Hormone Method through extensive research. Her life changed for the better and Shannon made it her mission to combat hormone imbalance and promote women’s health.The Happy Hormone Guide includes comprehensive, phase-specific (menstrual, follicular, ovulatory, and luteal) guidance including:
• Changes in fertility, libido, and basal body temperature
• Beneficial foods, micronutrients, and supplements
• Phase-specific recipes to support hormone balance (can also reduce symptoms associated with endometriosis)
• Common changes to Shannon and energy levels
• Exercise tips suitable to different times of the month
• Facial recipes, hair masks, and essential oil blends Modern culture expects women to keep up with the same demanding daily routine, but women’s cycles are anything but consistent. The Happy Hormone Guide explores the ebbs and flows of a woman’s monthly cycle and provides a holistic view of the female hormone and endocrine system so that you can take control of your cycle and improve your quality of life.*

*Everything you need to know to live in sync with your menstrual cycle. We’re taught not to discuss periods in public. Society doesn’t celebrate the menstrual cycle. Instead we say it’s ‘that time of the month’ when ‘Aunt Flo is visiting’ and we’ve ‘got the painters in’. But the truth is that it can be bloody hard living in a body that bleeds once a month. Have you ever stuffed a tampon up your sleeve on your way to the office bathroom? Avoided eye contact with the cashier as you paid for your sanitary pads? Felt overwhelmed, exhausted and annoyed by your hormones? Well, you are not alone. It’s time started speaking up about our menstrual cycles, and now everyone’s friendly neighbourhood period coach, Claire Baker, is here to start the conversation! Taking you through her 50 best pieces of advice, Claire explains the ‘four seasons’ of our menstrual cycle and how they vary hormonally to affect everything from mood, motivation and memory, to energy levels, confidence, focus and stress. You’ll learn how to chart your cycle to identify your unique superpowers in each hormonal phase, the tools you need to work with your body rather than pushing against it, and that you’re not crazy: it’s completely natural to feel different from week-to-week. Illustrated throughout, 50 Things You Need to Know About Periods is packed with straightforward science, cycle-syncing suggestions and reliable real life advice that encourages you to experiment with a whole new way of living and bleeding. This simple and empowering book is the perfect gift to remind someone you love - or yourself - to join the menstruation conversation, see ‘the curse’ as the superpower it can be and #AuntYourCycle.*

Beyond the Pill
The Surprising Science of Women, Hormones, and the Law of Unintended Consequences
8 Steps to Reverse Your PCOS
Every woman’s guide to healthy hormones after 40

Period Power

Get Through Fertility Treatment and Get Pregnant Without Losing Your Mind

Fix Your Period

Discover how to feel your best and balance your hormones, naturally. Healthy Hormones is about making small and realistic changes to help your body function at its optimum level. Naturopath Belinda Kirkpatrick helps you understand your hormones and provides easy ways to manage symptoms, hormonal conditions and fertility through diet and lifestyle. Expert nutritional advice and lifestyle tips are combined with answers to the many questions that women have asked Belinda during a decade of clinical practice. Healthy Hormones features 50 deliciously healthy family recipes, specially created, styled and photographed by recipe developer Ainsley Johnstone. The dishes are tailored around hormone-balancing ingredients and nutrient-dense fertility foods. ‘As a woman and a medical doctor, I recommend all women read this delicious book to help them make practical and daily choices. It’s a book that nicely balances scientific explanations with nourishing food truths.’ Dr Natasha Andreadis, Fertility and Hormone Specialist, Gynaecologist, Clinical Lecturer, University of Sydney

Please note: This is a companion version & not the original book. Book Preview: #1 The period is coming out of hiding. Women are starting to embrace their periods, and not fear them. Period apps make it easier to track your cycle, and as a result, make periods seem more normal. #2 Your period is not just your period. It is an expression of your underlying health. When you are healthy, your menstrual cycle will arrive smoothly, regularly, and without undesirable symptoms. When you are unhealthy in some way, your cycle will tell the story. #3 When treating a patient with gluten sensitivity, it is important to also treat the underlying issues that cause the patient to have symptoms. In Meagan’s case, her Psoriasis and Irregular Periods were both caused by gluten sensitivity. #4 The pill is a bandaid solution that suppresses skin oils, overrides hormones, and forces you to have a bleed. It does not regulate hormones, but rather switches them off entirely. Natural period repair is a different approach that supports your ovaries rather than suppressing them.

‘Maisie’s knowledge of hormones changed my life... you need this book’ Anna Jones ‘Hill’s advice is straightforward and no-nonsense’ The Guardian ‘An informative must-read for any woman - whatever their age’ Vogue online During perimenopause three quarters of women will experience symptoms such as mood changes, insomnia, hot flushes, and night sweats, but there is little in the way of evidence-based information out there to help and guide us. Perimenopause Power is the essential handbook to understanding what the hell’s going on and to empower us to improve our experience of the dreaded ‘change’. Maisie Hill, the highly qualified women’s health expert, best-selling author of Period Power and founder of The Flow Collective, takes us through the physiological changes of perimenopause and menopause, step by step, with calm positivity. In this invaluable guide she shares tips and advice to support women through the challenge of wildly fluctuating hormones. A must-read for anyone looking for a well-researched, evidenced-based book on perimenopause and menopause that gives women the information they need to address their hormonal needs. Perimenopause Power will help women to understand what’s going on with their bodies and how to deal with troublesome symptoms, and share valuable insights into making it a positive and powerful experience. ‘Maisie Hill helps you understand the changes in your body and psyche during the lead-up to menopause and how to handle symptoms.’ Top Santé ‘Maisie Hill gets rid of myths, sheds light and allows for an open, honest and much-needed conversation’ Mind

This frank, funny guide to getting your period gives preteens all they need to master—and even celebrate!—menstruation. Getting your period for the first time can be mortifying, weird, and messy—and asking questions about it can feel even worse. But it doesn’t have to be that way. This taboo-free guide is packed with honest advice and big-sisterly wisdom on all the things girls need to know: from what cramps feel like to whether you can feel blood coming out, t what you should do if your pad leaks onto your clothes. Welcome to Your Period includes case studies, first-person accounts, questions from real teens, and answers from health journalist Yumi Stynes and adolescent health specialist Melissa Kang, MD. Cheerful illustrations keep the tone fun, and help with how-to on different period supplies. There are even suggestions for throwing a first-period party. With its inclusive, body-positive message, pocket size, and reassuring vibe, this must-have menstruation manual will make girls feel not only normal but proud.

You’re Still Hot to Me

Harness Your Hormones and Get Your Cycle Working For You

Know your flow and live in sync with your cycle

My Period  
Estrogen's Storm Season  
Natural Treatment for Better Hormones and Better Periods  
Perimenopause Power

**Please note: This is a companion version & not the original book. Sample Book Insights: #1 The period is coming out of hiding. Women are starting to embrace their periods, and not fear them. Period apps make it easier to track your cycle, and as a result, make periods seem more normal. #2 Your period is not just your period. It is an expression of your underlying health. When you are healthy, your menstrual cycle will arrive smoothly, regularly, and without undesirable symptoms. When you are unhealthy in some way, your cycle will tell the story. #3 When treating a patient with gluten sensitivity, it is important to also treat the underlying issues that cause the patient to have symptoms. In Meagan's case, her Psoriasis and Irregular Periods were both caused by gluten sensitivity. #4 The pill is a band-aid solution that suppresses skin oils, overrides hormones, and forces you to have a bleed. It does not regulate hormones, but rather switches them off entirely. Natural period repair is a different approach that supports your ovaries rather than suppressing them.**

**'This will start a revolution for women.' CONSTANCE HALL** As young girls, most of us were given the talk about how to manage our periods. It's the beginning of a tedious bloody grind, one of the last great taboos. But the truth is, the menstrual cycle has benefits - big, fantastic, daily, monthly, even lifelong, benefits. Every month, you have four hormonal phases that keep coming around. Each phase bears its own gifts and ways of making us feel: a time to dream, a time to do, a time to give and a time to take. Once you know what these phases are, you can predict them, plan for them and use them over and over again. In fact, harnessing your period superpowers will make you unstoppable (until you choose to stop, that is). Period Queen takes the worst thing about being a woman and turns it into the best thing. Author and period preacher Lucy Peach urges us to stop treating periods like nature's consolation prize for being a woman, banishing the notion that hormones reduce us to being random emotional rollercoasters. Become an expert in recognising what you need at different times of the month and learn how every cycle gives you a chance to cultivate the most important relationship of your life: the one with your precious self. It's pretty bloody amazing.

**Ditch your menopause symptoms and feel like yourself again!** Are you struggling through your menopausal years? As if from out of nowhere, you experience symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, and hot flashes. Your weight won't budge no matter how hard you try. How great would it feel to wake up feeling rested, to have a brain that is calm, joyful, and clear, and to finally lose weight in an easy and sustainable way? The good news is that there is a way for you to do all of this and more. Nutrition and functional medicine expert and best-selling author Dr. Mindy Pelz has helped thousands of women just like you reset their health during their turbulent menopausal years. Join Dr. Mindy as she reconnects you to your more vibrant and youthful self. In The Menopause Reset, you will learn: \* What hormone changes cause your symptoms, and proven strategies to fix them \* The best way to stop your menopause-related memory loss \* How you can put an end to your symptoms without the use of medications \* How to unstick your metabolism and finally lose the extra weight \* How to slow the aging process and keep yourself forever young You don't have to suffer through these years. Join Dr. Mindy as she outlines her transformational Menopausal Reset program, which has helped thousands of women get their lives back. Hope is here!

**Naturopathic doctor Lara Briden wants to give women the knowledge and tools to improve their period health. Half the population will menstruate in their lifetime, and 1 in 2 women will struggle with their period health. Lara's book, previously self-published, has already garnered rave reader reviews because of its willingness to deal with this important aspect of women's health openly and compassionately. Containing invaluable advice for women of every age and circumstance, and detailing natural treatments from nutritional supplements to a healthy diet, this book promises to help women change their relationship with their menstrual cycle. Topics include how to come off hormonal birth control; what your period should be like; what can go wrong; how to talk to your doctor; treatment protocols for all common period problems, including PCOS and endometriosis. Thoroughly researched and written in clear and accessible language, Period Repair Manual is the ultimate guide to better periods.**

**Heart Minded**

**Womancode**

**How to Hold Yourself and Others in Love**

**The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health**

**The One Book Every Woman Needs to Read. Period.**

**A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility**

**The Complete Guide to Calming Hormone Chaos and Restoring Your Body's Natural Blueprint for Well-Being**

*"The book my patients have been waiting for." Dr Peta Wright, gynaecologist and women's health advocate* Hormone Repair Manual is a practical guide to feeling better in your 40s, 50s, and beyond. It explains how to navigate the change of perimenopause and relieve symptoms with natural treatments such as diet, nutritional supplements, and bioidentical hormone therapy. Topics include: - Why everything is different after "second puberty." - How perimenopause can be a tipping point for long-term health. - The four phases of perimenopause. - The role of testosterone and insulin in weight gain. - How to speak with your doctor about hormone therapy including natural progesterone. - Treatment protocols for all common perimenopause symptoms including night sweats, insomnia, migraines, and heavy periods. - Risk reduction for osteoporosis, heart disease, and dementia. Written by best-selling author and naturopathic doctor, Lara Briden, the book is backed by evidence-based research and real-world patient stories. Praise for Hormone Repair Manual: "The book my patients have been waiting for -- a science and whole woman based approach to the menopausal transition that will give women the wisdom, language, and practical tools to navigate menopause and unveil this time for what it really is -- one of the most transformative and empowering chapters of a woman's life." Dr Peta Wright, gynecologist and women's health advocate "This lively, clear and supportive book provides positive and helpful information that many women need as they approach perimenopause and beyond." Jerilynn C. Prior MD, author of Estrogen's Storm Season "Essential reading for all women over 40, and their doctors!" Dr Natasha Andreadis, gynecologist and fertility specialist "Evidence-based natural solutions for optimizing women's

health and wellbeing in their 40s, 50s and beyond." Dr Fatima Khan, menopause specialist

*Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Wild Power tells a radical new story about feminine power. It reveals: · Your inner architecture and the path to power that is encoded in your body · How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority · Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle · How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing · How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging* Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

*Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: \* How to come off hormonal birth control \* What your period should be like\* What can go wrong \* How to talk to your doctor \* Treatment protocols for all common period problems, including PCOS and endometriosis* The second edition contains insights from Professor Jerilynn Prior, more than 300 new references, and an additional chapter on perimenopause and menopause. Written by a naturopathic doctor with more than twenty years experience, this book is a compilation of everything that works for hormonal health.

*'The book my patients have been waiting for.' Dr Peta Wright, gynaecologist and women's health advocate* The Hormone Repair Manual is a must-have guide to understanding and overcoming the symptoms of perimenopause and menopause. Naturopath Lara Briden, author of the international bestseller Period Repair Manual, has more than 20 years' experience in women's health. Her fresh approach aims to overturn the stigma of perimenopause and menopause and show women that: - many symptoms are temporary and manageable - emotional challenges can present an opportunity to thrive - a focus on health during this period can bring benefits for years to come. Addressing common symptoms such as hot flushes, insomnia, mood changes, migraines, weight gain, low libido and heavy periods, Lara offers practical solutions of diet, lifestyle, nutritional supplements and tips for how to speak to your doctor about hormone therapy. The Hormone Repair Manual is backed by evidence-based research and case studies and is a reassuring guide to soothing, nourishing and strengthening your body, mind and spirit during this time of change. PRAISE FOR HORMONE REPAIR MANUAL 'This lively, clear and supportive book provides positive and helpful information that many women need as they approach perimenopause and beyond.' Jerilynn C. Prior MD, author of Estrogen's Storm Season 'Essential reading for all women over 40, and their doctors!' Dr Natasha Andreadis, fertility specialist and host of the Fanny Mechanic podcast 'Evidence-based natural solutions for optimising women's health and wellbeing in their 40s, 50s and beyond' Dr Fatima Khan, Menopause Specialist

*A 30-Day Program to Balance Your Hormones, Reclaim Your Body, and Reverse the Dangerous Side Effects of the Birth Control Pill*

*stories of perimenopause*

*A Guide to Regaining Your Cycles and Improving Your Fertility*

*A practical guide to balancing your hormones*

*The Essential Oils Menopause Solution*

*The Female Advantage*

*Discover the Magic of Your Menstrual Cycle and Awaken the Feminine Path to Power*

**'Hill's advice is straightforward and no-nonsense' - The Guardian 'A life-transforming book... fascinating - Daily Mail 'Maisee Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer 'Thank GOODNESS for Maisee Hill!! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions 'This is such an important book. Maisee's insights and cycle strategy have changed my life and my cycle. Period Power is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of The Modern Cook's Year A profound and practical blueprint for aligning daily life with your menstrual cycle. Period Power is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner.**

**The hormones of the menstrual cycle profoundly influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up with 'women's problems'. Maisee Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisee believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines The Cycle Strategy to help us perform at our best, throughout our cycle. In Period Power you will discover how to: - maximise your natural superpowers each month while making adjustments for the darker days, and use Maisee's favourite tips to improve them - identify your personal patterns, powers and pitfalls for each phase of the menstrual cycle**

**- plan your month to perform at your best in all aspects of your life - figure out if you have a hormonal imbalance and what to do about it. Period Power is a no-nonsense guide with all the tools you need to improve your menstrual health.**

**An eye-opening book that reveals crucial information every woman taking hormonal birth control should know** This groundbreaking book sheds light on how hormonal birth control affects women—and the world around them—in ways we are just now beginning to understand. By allowing women to control their fertility, the birth control pill has revolutionized women's lives. Women are going to college, graduating, and entering the workforce in greater numbers than ever before, and there's good reason to believe that the birth control pill has a lot to do with this. But there's a lot more to the pill than meets the eye. Although women go on the pill for a small handful of targeted effects (pregnancy prevention and clearer skin, yay!), sex hormones can't work that way. Sex hormones impact the activities of billions of cells in the body at once, many of which are in the brain. There, they play a role in influencing attraction, sexual motivation, stress, hunger, eating patterns, emotion regulation, friendships, aggression, mood, learning, and more. This means that being on the birth control pill makes women a different version of themselves than when they are off of it. And this is a big deal. For instance, women on the pill have a dampened cortisol spike in response to stress. While this might sound great (no stress!), it can have negative implications for learning, memory, and mood. Additionally, because the pill influences who women are attracted to, being on the pill may inadvertently influence who women choose as partners, which can have important implications for their relationships once they go off it. Sometimes these changes are for the better . . . but other times, they're for the worse. By changing what women's brains do, the pill also has the ability to have cascading effects on everything and everyone that a woman encounters. This means that the reach of the pill extends far beyond women's own bodies, having a major impact on society and the world. This paradigm-shattering book provides an even-handed, science-based understanding of who women are, both on and off the pill. It will change the way that women think about their hormones and how they view themselves. It also serves as a rallying cry for women to demand more information from science about how their bodies and brains work and to advocate for better research. This book will help women make more informed decisions about their health, whether they're on the pill or off of it.

**A proven 21-day diet and lifestyle plan to help women with polycystic ovary syndrome (PCOS) take back control of their health and resolve their symptoms** from a certified health coach and founder of the large PCOS Diva online community. PCOS is one of the most common hormonal disorders, and the most common cause of female infertility, affecting roughly five million American women. Because it's symptoms are widespread—including stubborn weight gain, acne, mood swings, abnormal hair loss or growth, and irregular menstrual cycles—women suffering from PCOS are often misdiagnosed and treated with "Band-Aid" pharmaceuticals with uncomfortable side effects that only mask PCOS's root causes. While there is no cure for PCOS, women can learn to control their symptoms naturally. In this welcome guide, Amy Meding shows how to combine an anti-inflammatory and hormone-balancing diet, daily movement, and stress-reducing self-care to successfully treat their PCOS. Grounded in the latest medical research and filled with the knowledge she's acquired dealing with PCOS herself and working with thousands of women, Healing PCOS offers women small, manageable steps that help alleviate their symptoms and control the inflammation, hormonal imbalance, and insulin resistance that underlie the condition. Amy's revolutionary program consists of: A 21-day anti-inflammatory, hormone-balancing and gluten-free meal plan, including meal prep and plan-ahead tips to make eating this way simple and fast 85 delicious recipes—half fan favorites and half new dishes Daily self-care exercises, including meditation and journaling prompts Amy has helped tens of thousands of women with PCOS take back control of their health and their lives through lasting, healing, and sustainable lifestyle change. Whether you're newly diagnosed or have struggled with PCOS, her revolutionary program can now work for you.

**The hidden intelligence of hormones and their role in empowering women to succeed sexually, reproductively, and socially.** Did you know women walk more, eat less, socialize more, meet more men, dance more, and flirt more when they're ovulating? Or that PMS may have evolved to get rid of boyfriends with unfit sperm? Behind the "fickle" differences in what women find sexy about men, or what they like to wear, there's a hidden adaptive intelligence that has been shaped over eons. In this provocative and paradigm-shattering book, Martie Haselton, the world's leading researcher on sexuality and the ovulation cycle, takes a deep, revealing look at the biological processes that so profoundly influence our behavior and sets forth a radical new understanding of women's bodies, minds, and sexual relationships, one that embraces hormonal cycles as adaptive solutions to genuine biological challenges. At the core of Hasleton's new Darwinian feminism is her remarkable discovery that humans, like our animal cousins, possess a special phase of sexuality, called estrus, which comes with a host of physiological and behavioral changes. Rigorously researched, entertaining, and empowering, Hormonal offers women deep new insights into their bodies, brains, relationships, and affairs, allowing them to make better-informed choices about sex, marriage, friendship, contraception, and more. Above all, Hormonal is a clarion call to appreciate and embrace the genius of female biology.

**The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility**

**Welcome to Your Period!**

**The Joys of Menopause**

**Banish Bloating, Conquer Cramps, Manage Moodiness and Become a Menstruation Maven**

**Vagina Problems**

**Summary of Lara Briden's Period Repair Manual**