

The Menopause Bible: The Complete Practical Guide To Managing Your Menopause

'We all need this book in our lives – Annice is a saviour in hormone hell!' Jenny Powell 'Having this book by my side changed my life!' Sally Dynevor Take control of your menopause Dr Annice Mukherjee went through the menopause at just 41 following a breast cancer diagnosis, and she is also a top UK hormone specialist with nearly 30 years of experience. In this book she combines her medical expertise and personal experience to develop an essential menopause toolkit offering balanced, practical and comprehensive advice designed for our modern world. The author has used her unique holistic system to help thousands of women look better, feel younger and enjoy an improved quality of life in the long term. This book includes her lifestyle toolkit – which every woman can start implementing straight away to improve symptoms – as well as science based advice on the treatment options when self-management is not enough. It demystifies the big questions, including: – Managing the menopause at work – How things change in the decades after the menopause – What happens if you have a medically induced menopause – When to consider hormone therapies and alternatives to HRT The ultimate guide to taking control, rebalancing your body for the better and successfully maintaining optimum health through and beyond menopause.

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.

Under the guidance of a leading gynecologist, a team of experts in gynecology, psychology, sexuality, nutrition and exercise has contributed to this comprehensive guide. Everything women need to know to formulate and follow their own plans for ensuring they remain healthy during this critical period is detailed in a readily graspable way in this handsomely illustrated guide. Subjects include guidelines on hormone therapy and natural alternatives, recommended dietary changes, exercise routines and strategies for safeguarding sexuality, intellectual ability and physical prowess.

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 fogginess 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.

Dr. Susan Love's Menopause and Hormone Book

Bridging the Gap Between Natural and Conventional Medicine

Invitation to Holistic Health

The Menopause Bible

The Complete Ketogenic Bible for People Over 50. Beginners Guide to Start Living a Happy and Healthy Life, Losing Weight Fast and Naturally

Notes of a Love Song

Taking on the Menopause with Attitude and Style

THE SUNDAY TIMES BESTSELLER! 'If you're after an in-depth medical or psychological insight into the menopause, I'm afraid you've opened the wrong book - I'm not a doctor . . . However, I am a woman and I do know how it feels to be menopausal, so this book is written from experience and the heart and I hope it makes you laugh and feel better.' JE Older and Wider is Jenny Eclair's hilarious, irreverent and refreshingly honest compendium of the menopause. From C for Carb-loading and G for Getting Your Shit Together to I for Invisibility and V for Vaginas, Jenny's whistle-stop tour of the menopause in all its glory will make you realise that it really isn't just you. Jenny will share the surprising lessons she has learnt along the way as well as her hard-won tips on the joy of cardigans, dealing with the empty nest (get a lodger) and keeping the lid on the pressure cooker of your temper (count to twenty, ten is never enough). As Jenny says, 'I can't say that I've emerged like a beautiful butterfly from some hideous old menopausal chrysalis and it would be a lie to say that I've found the 'old me' again. But what I have found is the 'new me' - and you know what? I'm completely cool with that.'

Accompanied by worksheets, a glossary of terms, and detailed lists of health and provider organizations, a groundbreaking guide explores a wealth of treatment options for menopause, covering such topics as herbal therapies, hormones, natural remedies, sexuality, and much more. Original. 15,000 first printing.

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

Discover how to take beautiful care of your skin, apply makeup like a pro, and look your absolute best without spending a fortune. The complete beauty bible will guide you through all the latest research and current information about every imaginable cosmetic innovation.

Redefining Retirement

New Menopausal Years

Confessions of a Menopausal Woman

The Midlife Bible

The complete practical guide to managing your menopause - minimizing its effects and maximizing its benefits

Manage Your Menopause Naturally

The Complete Guide to the Menopause

Dr. Christiane Northrup's #1 New York Times bestseller The Wisdom of Menopause has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes: • a new section on sex after 50—and how, if need be, you can rejuvenate your sex life; • updated mammogram guidelines—and how thermography improves breast health; • the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes; • dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity; • all you need to know about perimenopause and why it's critical to your well-being; • a vital program for ensuring pelvic health during and after menopause; • strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, 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.

Invitation to Holistic Health: A Guide to Living a Balanced Life provides solid principles and proven measures to promote optimal health and well-being using a holistic approach. Divided into three parts: Strengthening Your Inner Resources, Developing Health Lifestyle Practices, and Taking Charge of Challenges to the Mind, Body, and Spirit, this easy-to-read guide it provides how-to information when dealing with a variety of health-related issues that includes, but is not limited to, nutrition, exercise, herbal remedies, and homeopathic remedies. The Second Edition as been completely revised and includes current research on the effectiveness and safety of herbs and other complementary and alternative medicine therapies. The chapter on Menopause has been updated to reflect current thinking about the safe use of estrogen replacement, soy products, and other approaches to manage symptoms and new suggested readings and resources have been provided for further exploration into topics. -- Provided by publisher.

“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.

THIS BOOK CONTAINS the basic information you need to understand the organic process known as menopause, considered "a natural phase in every mature woman’s life that marks the end of her fertile, reproductive years, and the start of a new stage in which we no longer need to worry about menstrual cramps, PMS, birth control, and other female inconveniences."

While some women consider it a blessing, others do not because it can affect our physical and mental functions negatively... But only if not properly treated!Apart from helping our females readers improve their lives, the purpose of this MENOPAUSE BIBLE, is to expose the falseness of what we consider the most-common menopause myths of all times, believed by many despite the fact of being based on erroneous (and even absurd) beliefs: MYTH 1: Menopause is an illness: Certainly not! Menopause is a natural phase in life that affects ALL women in their 40s and 50s, not an illness or disease. MYTH 2: Menopause is the end of a woman’s productive life: This is completely false! Actually, a large percentage of the 50 million North American women currently facing menopause and post-menopause are active, productive workers.MYTH 3: Menopause means "the end is near": Totally wrong! According to the U. S. Census, average female life expectancy is presently around 80, with many women living in their 80s and 90s. Therefore, when women reach menopause, they often still have several decades of life ahead of them.

Dr. Susan Love's Hormone Book

The Wisdom of Menopause (4th Edition)

Mayo Clinic The Menopause Solution

All you need to know in one concise manual: Signs and symptoms - Time to rethink HRT - Holistic treatments - Coping at work - Advice for all the family

Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today

The Complete Guide to Being a Great Lover, and Getting the Orgasm You Want

How I Learned to Thrive During Menopause and How You Can Too

"Brutally honest, eye-wateringly detailed, funny, informative and crammed with practical advice ... compelling, essential reading." You magazine "I want to break down the taboos and communicate frankly about the menopause ... This book is about giving you the knowledge of what to look out for and how to own it."

Meg Mathews When Meg Mathews hit menopause she was shocked at the lack of awareness, understanding and support shown to women - and also found the information available far too dreary. After getting her symptoms under control she became determined to help other women avoid an experience like hers. The New Hot is her no-holds-barred guide to menopause designed to entertain and empower women in equal measure. It's full of Meg's personal insights as well as the latest information and advice from a wide range of menopause and lifestyle experts. Together they cover a wide range of issues, including: - What the hell is going on? (a meno-audit of the 34 possible symptoms and how to start taking control) - Hey Doc! I need help (how to ask your GP for the right support and treatment for you) - Eat to beat your hormones (food as medicine, gut health, supplements and a meno-friendly eating plan) - Look alive (skin-saving beauty and style tips) - Vagina SOS (all about 'down-there' healthcare and two pelvic floor exercises that really help) - To HRT or not HRT? That is the question (the hot topic of benefits, options, risks and who can have it) - Menopause au naturel (managing menopause symptoms naturally when HRT isn't for you) - Let's get physical (why exercise matters, how to do it and a 5-minute workout) - Meg's meno-dictionary (a quick guide to medical terms your doctor might use) Honest, empowering and entertaining, The New Hot will help you take on the menopause - and keep your sense of self, style and humour intact. Two-colour throughout with line illustrations. Erratum: The expert's view on pp. 224-225 of The New Hot was incorrectly attributed to Tania Adib. Please note that it was written by Dr Larisa Corda, Obstetrician, Gynaecologist and Fertility Expert.

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

When Claire Verney agreed to 'for better or for worse, in sickness and in health' she never imagined the journey that lay ahead of her. Her husband Michael was diagnosed with Parkinson's Disease at the age of forty-six. Notes of a Love Song chronicles their lives as Claire becomes her husband's full-time caregiver and medical advocate as he struggles with the ravages of end-stage Parkinson's. It spans the final four years of Michael's life at home where he lived and died with dignity through the constant care and love of his wife. The author weaves her way through the history of her husband's disease while reflecting on her own history, her family and how all are deeply affected by this merciless degenerative disease. Told with warmth and humour, Notes of a Love Song offers a rare and timely glimpse into the realities of long-term care of parents and spouses, either in institutions or at home. It is written as a love story, a tribute, but is equally a how-to manual, imparting valuable medical information about Parkinson's Disease, dementia, palliative care and the importance of patient advocacy....

The essential guide for women approaching or experiencing menopause from women's health expert, Dr Rosemary Leonard. In this definitive guide, Dr Rosemary Leonard debunks some of the myths surrounding the menopause, including why 'perimenopause' is a layman's term, and the pros and cons of HRT. Rosemary discusses the best approaches to the menopause and whether drugs, holistic remedies or other forms of treatment will work best for the individual. Covering everything from hot flushes, changes to your menstrual bleeding pattern, how to tackle sex after menopause, and advice on alternative remedies,

MENOPAUSE:THE ANSWERS is the comprehensive 'bible' on how to navigate your body's changes.

The Bible Cure for Menopause

Keto Diet 50

Our Bodies, Ourselves: Menopause

The Ultimate Guide to Smart Beauty

Menopocalypse

Everything you want to know but are too afraid to ask...

Menopause - The Answers

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.

"The Wisdom of Menopause offers an honest look at the menopausal transition. . . . If you are looking for realistic, positive, and constructive solutions to the inevitable challenges of life, then look no further—you have found your sourcebook."—*The North American Menopause Society* A #1 *New York Times* bestseller when first published, 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. As Dr. Christiane Northrup explains, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. In this fully revised and updated fourth edition, 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 · a completely new take on losing weight and training your mind to release extra pounds · new insights on the relationship between thyroid function, Hashimoto's disease, and Epstein-Barr virus, with a new program for healing thyroid issues · all you need to know about perimenopause and why it's critical to your well-being · the latest on new, less invasive and more effective fibroid treatments · information on which supplements are better than Botox for keeping your skin looking youthful · additional advice on dealing with pelvic health issues, including pelvic prolapse With this trusted resource, Dr. 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.

After 35 years of listening to women, Dr. Goodman covers every topic relevant to a woman's concerns: PMS, bleeding problems, bone density, pelvic support issues, fatigue syndromes, irritable bowel, insomnia, psychological blahs, and the dilemma of childlessness at midlife. It includes honest information about breast cancer and an open discussion about sexuality. Dr. Goodman explains and offers relief from the perimenopausal crazies and, most importantly, simplifies the hormone replacement therapy decision with a full discussion of prescription hormones, bio-identicals and compounded preparations, and non-hormonal alternatives. Included is the latest on PROGESTERONE: Is it unsafe at any speed? The Midlife Bible is an invaluable, accessible little gem-truly a complete survival guide. The Midlife Bible helps women not only survive but thrive throughout their perimenopausal and menopausal years. As benefits, they will: · Have more energy · Improve their memory · Sleep better · Enjoy sex again · Look and feel better · Eliminate hot flashes

'A guide to counteract medical misogyny' *New Scientist* 'The world's most famous - and outspoken - gynaecologist' *Guardian* In *The Menopause Manifesto* internationally renowned, *New York Times* bestselling author Dr Jen Gunter brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective and expert advice. The only thing predictable about menopause is its unpredictability. Factor in widespread misinformation, a lack of research, and the culture of shame around women's bodies, and it's no wonder women are unsure what to expect during the menopause transition and beyond. Menopause is not a disease - it's a planned change, like puberty. And just like puberty, we should be educated on what's to come years in advance, rather than the current practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why and what to do about it is both empowering and reassuring. Frank and funny, Dr Jen debunks misogynistic attitudes and challenges the over-mystification of menopause to reveal everything you really need to know about: * Perimenopause * Hot flashes * Sleep disruption * Sex and libido * Depression and mood changes * Skin and hair issues * Outdated therapies * Breast health * Weight and muscle mass * Health maintenance screening * And much more Filled with practical, reassuring information, this essential guide will revolutionise how women experience menopause - including how their lives can be even better for it!

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

Older and Wider

In Search of the Menopause Ranch

The Complete Guide to Menopause

Making Informed Choices

Understand and manage symptoms with natural solutions, alternative remedies and conventional medical advice

The Complete Practical Guide to Managing Your Menopause

'Read this book! It's so brilliant, it's really going to help you.' Zoe Ball 'Brilliantly practical, down-to-earth guide ... It's like sitting down with a good friend who has the best advice.' *Psychologies* magazine ____ The menopause. An emotionally complex issue that can trigger a whole host of physical and mental side effects. So why aren't we talking about it? This is the book that Andrea McLean wished for as she found herself in uncharted territory, grappling with the physical aftershock of a hysterectomy and the psychological fallout of a difficult menopause. Typically candid, covering all you need to know, including tips and tricks on diet, exercise and even your sex life, Andrea brings her trademark humour and honesty to a very hot topic. ____ Readers love *Confessions of a Menopausal Woman*: 'Brilliant read. Warm, funny, inspiring and oh so true.' 'Practical, honest . . . written in Andrea's comfortable, emotive, humorous, around-the-kitchen-table style!' 'Reading this book not only helped me to understand my symptoms but it also helped me to realise that I am not going through this alone.'

This book describes the diseases that are most frequently encountered during general medical consultation. The discussion of each condition includes the following: Introductory paragraph. This section summarizes the condition, its definition, main clinical characteristics, and epidemiology, as a quick guide for the doctor regarding the specific disease, the type of people who may suffer from it, and its prognosis. Etiopathogenesis. Here, the causes of the disease are explained in a simple and concrete manner to give the doctor a clearer picture of the pathology of the disease. Signs and symptoms. In this section the most significant characteristics of the disease are described, which makes it possible to identify and differentiate the disease from other similar ones. Diagnosis. This section provides the key information to establish the diagnosis of each condition. In most cases, the clinical information is explained in such a way that neither laboratory nor office testing will be required. Treatment. This section contains a concise listing of the most effective, current, accessible, and least toxic drugs to treat the disease, together with dosages for adults and children (where applicable), in addition to the length of time that the drug should be taken. Almost all of the drugs described are available in generic form, which is an important economic consideration for the patient. In Mexico and many other countries, the quality of these products is verified by bioequivalence tests to compare the activity of the patent drug with the generic one. Most physicians need to prescribe fewer than 100 different drugs for their various patients. Therefore, it is much more important, especially in terms of patient safety, that the doctor have in-depth prescription information about a few drugs, than to know a little about a wide range of drugs that he/she may never have the opportunity to prescribe.

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?

Called "my menopause bible" by half a million women, the best book on menopause is now better. Originally published in 1992 and still a top best-seller. Completely revised with 100 new pages. Susan S. Weed (author of the best-sellers *Breast Cancer. Breast Health! the Wise Woman Way, Wise Woman Herbal for the childbearing Year, and Healing Wise*) has completely rewritten this classic after listening to over 20,000 women talk about menopause and what works for them. All the remedies women know and trust plus hundreds of new ones. New Sections on thyroid health fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. Introduction by Juliette de Bairacli Levy. Beautifully illustrated, superbly indexed, wrapped in the healing cloak of the Ancient Ones, this is a book for owen of all ages who want strong bones, healthy hearts, and a long, joyous life without hormones.

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

The Menopause Book

A Survivor's Guide to the Menopause

Smart Nutrition to Help You Flourish

Menopause

New Realities for Boomer Women

More women than ever are discovering the unique benefits of running -- forrestress relief, weight management, endurance, and self-esteem. Women's bodies are not the same as men's, and though we can train just as hard andwith the same passion for excellence, we have certain special concerns.Finally, there is a comprehensive guide exclusively for women whoexperience the pure joy of running, or want to. It's the simplest, fastest, most accessible way to fitness and good health known to woman. You don't need a partner, equipment, or even much time. Now, Claire Kowalchik, former managing editor of *Runner's World* magazine, answers every question about the overwhelmingly popular activity that builds endurance, melts fat, and even prevents illness. In this total running book for women, you'll learn: How to get started and stay motivated What to eat for optimal nutrition How to run during pregnancy and after menopause Why running is the most effective form of exercise How to prevent and treat injury What to wear -- from sports bras to running shoes How to prepare for everything from a 5K to a marathon Authoritative and friendly, *The Complete Book of Running for Women* is a sourcebook for both beginners and long-time runners. Along with wisdom drawn from the author's personal experience, you'll find advice from the experts: coaches, exercise physiologists, nutritionists, doctors, and other women runners. Including question-and-answer sections and a complete list of resources, *The Complete Book of Running for Women* tells you everything you need to know to be off and running toward better health and richer living.

Are you struggling with your weight and feeling overwhelmed by your physical problems? Do you just want to get back to the body you once had, strong and radiant? The truth is that all of us who have reached the age of 50 experience the negative thought of no longer being the people we used to be. This is due to the inevitable general hormonal and physical changes in our body and if you feel overwhelmed you need to take a closer look at these changes that are negatively affecting your lifestyle. Keto Diet 50 includes... Book 1 - Keto after 50. With this Complete Guide you will learn everything about the Ketogenic Diet. It is not a simple collection of general advice but a specific guide for people over 50. Book 2 - Keto Diet Cookbook After 50. An arsenal of 200 quick and easy Keto recipes resulting from the collaboration with professional chefs. The goal is not to eat the usual boring recipes. Book 3 - Keto Diet Cookbook for Women After 50. A specific guide to help women through the turbulent period of hormonal fluctuations. The Ketogenic Diet will be your best ally to cross the perimenopause and menopause. . It includes an arsenal of 200 specific Keto Recipes to deactivate menopausal molecules and a 30-day food plan. Ok but what will you experience with the Ketogenic Protocol? - The excess fat (especially around the belly) dissolves quickly - Earning an extra ton of energy that most adults forget is even possible - Radiant energy all day long - Your mood and your happiness coming to life again - Brighter and smoother skin - Snap out of the brain and mental fog - Your libido is awakening, roaring to life again And much, more...

Does eating sugar cause yeast infections? Does pubic hair have a function? Should you have a vulvovaginal care regimen? Will your vagina shrivel up if you go without sex? What's the truth about the HPV vaccine? So many important questions, so much convincing, confusing, contradictory misinformation! In this age of click bait, pseudoscience, and celebrity-endorsed products, it's easy to be overwhelmed-whether it's websites, advice from well-meaning friends, uneducated partners, and even healthcare providers. So how do you separate facts from fiction? Obstetrician Jen Gunter, an expert on women's health-and the internet's most popular go-to doc-comes to the rescue with a book that debunks the myths and educates and empowers women. From reproductive health to the impact of antibiotics and probiotics, and the latest trends, including vaginal steaming, vaginal marijuana products, and jade eggs, Gunter takes us on a factual, fun-filled journey. Discover the truth about: · The vaginal microbiome · Genital hygiene, lubricants, and hormone myths and fallacies · How diet impacts vaginal health · Stem cells and the vagina · Cosmetic vaginal surgery · What changes to expect during pregnancy, after childbirth, and through menopause · How medicine fails women by dismissing symptoms Plus: · Thongs vs. lace: the best underwear for vaginal health · How to select a tampon · The full glory of the clitoris and the myth of the G Spot ... And so much more. Whether you're a twenty-six-year-old worried that her labia are 'uncool' or a sixty-six-year-old dealing with painful sex, this comprehensive guide is sure to become a lifelong trusted resource.

Understand the menopause with all its changes and challenges and choose practices and treatments. brought to you by a team of experts, to make this next stage in your wellness journey healthy and positive. Find the right combination of resources for you - to stay physically, mentally, and spiritually well throughout the menopause. Your journey is unique. This insightful e-book will help you find the right combination of resources that work for you. It includes: - Specialist expert writers for each section of the e-book - HRT, Natural Remedies, Exercise, Nutrition and Mental Wellness - Practical strategies on how to manage menopause naturally and make it a more positive, empowering experience - Symptom Finder in the introductory pages to help direct you to the correct section in the e-book Coping with menopause can be tough, draining and sometimes utterly debilitating for women. For years it has been seen as an illness that needed to be cured. Natural Menopause takes a different approach. Throughout the pages of this calm, authoritative, beautiful reference book, you'll be able to learn about the natural process of menopause. Explore an extensive collection of natural menopause remedies and complements to hormone replacement therapy. Adopt yoga poses to reduce stress and help you sleep. Use essential oils to manage mood swings and soothe headaches. Discover detoxifying foods that aid weight management and regulate hormones. Find the best exercises to boost your mood and energy levels. Finally, use CBT and mindfulness to relieve anxiety and calm hot flushes. Embrace the Change Filled with a wealth of invaluable information, this book will help you stay physically, mentally, and spiritually well throughout your menopause journey. It's perfect for women over 40 who are already invested in natural wellness and want to apply the same principles to their menopause.

Making Informed Choices about Menopause

The general practitioner's bible

The vulva and the vagina - separating the myth from the medicine

"Coping With Menopause", "Top Alternative Therapies", Plus "Frequent Questions & Answers"

The Complete Book Of Running For Women

Own Your Health with Facts and Feminism

Creating Physical and Emotional Health During the Change

Boomer women are passing yet another milestone: RETIREMENT! The first wave of women to enter the workforce in significant numbers benefited from the feminist revolution and fought for a place in the world of work. Now these women are leading the rush for the exits. As they retire, they're wondering what was gained, what was lost, and what comes next. They're stepping out into trackless territory. This is the book that will show them that retirement is not the end of a productive life. It can be an exciting gateway into a future that is challenging and rewarding, always provided that we plan for it. Written by two successful professional women, a lawyer and a psychologist, the book explores the practical, personal and psychological issues surrounding retirement. With clear-eyed vigor and enthusiasm they look at what retirement will mean for Canadian women, and offer concrete strategies for gaining control of the retirement process. With clarity and compassion, Dr. Love helps the 40 million women entering menopause sort through all the choices they face. She explains how to cope with short-term symptoms (hot flashes, night sweats, mood swings, etc.) and addresses such long-term concerns as osteoporosis, heart disease, breast cancer, and endometrial cancer. Dr. Love also discusses: lifestyle changes (diet, exercise, stress management), alternatives (including herbs and homeopathic remedies), other medications, and the pros and cons of hormone therapy. A new Introduction discusses the controversies raised by the hardcover publication.

Examines the scientific evidence for and against hormone therapy for women past menopause, reviews the alternatives to it, and discusses its risks and limitations.

*Your Menopause Bible*Hachette UK

The New Politics of Old Age Policy

The Vagina Bible

Herbal Remedies, Aromatherapy, CBT, Nutrition, Exercise, HRT...for Perimenopause, Menopause, and Beyond

The Wise Woman Way

The Happy Menopause

Sex Bible for Women

Day-to-Day with Parkinson's Disease

Most books on sexuality teach women that satisfying their partner is the key to a great sexual experience. However, for most women, great sex is predicated on understanding their own bodies and desires first. Moreover, a woman's sexual desires and preferences aren't fixed—they are greatly impacted by physical changes such as pregnancy, menopause, and hormonal fluctuations. This sensual yet practical guide provides a comprehensive overview of all the sexual options available for women throughout their lifetime. Intrepid sex journalist and expert Susan Crain Bakos shows women how to sexually satisfy themselves and their partners, through masturbation, touching, oral sex, and intercourse. Racy, full-color photographs instruct women on positions, foreplay techniques, and how to use sex toys on themselves or others. Women gain a deeper understanding of their own unique physiology, how to achieve orgasm, and how to stay healthy as they explore different sexual options.

This new Concise Manual takes a straightforward look at menopause. What is it? When does it occur? What can be expected? How can it be managed? Dr Louise Newson is a well-known specialist in menopause and saw the need for a fact-based manual for women and their families. Menopause is a natural condition that affects all women at some stage of their life. At least one in four women have severe symptoms, which detrimentally affect their family, home and work life. This book will explain and clarify the stages and symptoms, and detail what treatments are safe and effective for particular needs. Migraines, depression, anxiety, osteoporosis, low libido, relationships, diet and HRT are just some of the areas covered in this new concise manual.

Under the guidance of a leading gynaecologist, a team of experts in gynaecology, psychology, sexuality, nutrition and exercise has contributed to this comprehensive guide. Everything women need to know to formulate and follow their own plans for ensuring they remain healthy, emotionally balanced and in full charge of their mental faculties during this critical period is detailed in a readily graspable way in this handsomely illustrated guide. Subjects include guidelines on hormone therapy and natural alternatives, recommended dietary changes, exercise routines and strategies for safeguarding sexuality, intellectual ability and physical prowess.

Scholars, students, and policymakers will appreciate the volume's timely overview of the evolution of aging policy.

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

The Menopause Manifesto

The Complete Beauty Bible

The New Hot

The Wisdom of Menopause

A Woman's Survival Guide

The Menopause Bible (3 Manuscripts in 1)

An illustrated comprehensive handbook designed to help all women coping with the physical, mental and emotional challenges of menopause -- whether they are choosing a drug-free transition or medical intervention.

Although all women will experience the menopause, no two women will experience it the same way. Your Menopause Bible, the complete practical guide to managing menopause, will arm readers with the latest information on all its aspects, so they can make informed decisions about how much medical intervention they should seek, and what they can do to withstand, relieve, or eliminate, the mental, emotional, and physical changes associated with this prolonged period. Rather than being prescriptive, the book aims to provide readers with everything they need to know to formulate and follow their own plans for ensuring they remain healthy, emotionally balanced, and in full charge of their mental faculties. The book contains up-to-the minute guidelines on HRT and natural alternatives, recommended dietary changes, exercise routines, and strategies for safeguarding sexuality, intellectual ability, and physical prowess.

OVER 3 MILLION BIBLE CURE BOOKS SOLD FROM THE NEW YORK TIMES BEST SELLING AUTHOR OF THE SEVEN PILLARS OF HEALTH AND I CAN DO THIS DIET Have you arrived at "the change of life" yet?

Is it Hot in Here? Or is it Me?

Your Toolkit to Take Control and Achieve Life-Long Health

Your Menopause Bible

The Complete Practical Guide

Natural Menopause