

## Coping With The Menopause Overcoming Common Problems

*The menopause can bring about mysterious and unwelcome changes for every woman who reaches middle age. Brittle bones, hot flushes and depression are just a few of the distressing symptoms by which the change of life can manifest itself. Jan de Vries has more four decades of experience in treating these and other symptoms of the menopause. He provides clear explanations of the changes which take place in a woman's body and, by advocating a common-sense approach based on natural medicine, he offers an effective alternative to treatments such as hormone replacement therapy whose potentially damaging side-effects are a cause for concern for many women. Menopause is a practical and down-to-earth addition to the Well Woman Series.*

*Using medical attention of the menopause has left many women feeling unsure and uncertain about this stage of their lives. While doctors may be able to help with some of the more unpleasant symptoms, menopause is a transition rather than a medical condition. Just as menarche ushered in the childbearing years, so menopause heralds the passing of this era in a woman's life; in both cases, the same hormones are making their entry and exit. So why is this hormonal change regarded as a medical event? If drugs are not needed at menarche, why should they be needed at menopause? Is the discomfort that unbearable, and are there other ways to help? This book looks at the options - both what the doctor can offer, and other ways to cope. Topics include: how naturally produced hormones change during the menopause; is it a natural event or historic accident? do you need medical treatment; if so, for which symptoms? is HRT the best thing for you? menopause and your heart and circulation; reducing the risk of cancer; taking care of your bones and skin; sex during and after the menopause; making the most of the rest of your life.*

*Gail Sheehy in the Silent Passage called menopause the calm after the storm. This book is about the storm itself. Much is known about the menopause, its symptoms and effects on women's lives but very little has been mentioned so far on the decade leading up to the menopause during which time ovulation decreases and oestrogen levels are destabilising. Every woman experiences it yet it is one of the least understood, most misdiagnosed and most confounding stages in a women's life. Could it be. . . . Perimenopause? outlines the symptoms - both psychological and physical - which are a direct result of this hormone imbalance and shows how best to combat them. It gives you the facts you need to make clear choices about medicinal and natural therapies and it teaches you about following a healthy lifestyle -such as diet, nutrition, exercise and vitamins - that you can start today and that will bring about far-reaching ramifications for your future overall health. Could it be. . . . Perimenopause is essential reading for all women.*

*A surprising look at the role of menopause in human history—and why we should change the ways we think about it Are the ways we look at menopause all wrong? Susan Mattern says yes and, in The Slow Moon Climbs, reveals just how wrong we have been. From the rainforests of Paraguay to the streets of Tokyo, Mattern draws on historical, scientific, and cultural research to show how perceptions of menopause developed from prehistory to today. For most of human history, people had no word for menopause and did not view it as a medical condition. Rather, in traditional foraging and agrarian societies, it was a transition from one life stage to introducing new life beyond fertility. Mattern examines the fascinating “Grandmother Hypothesis,” looks at agricultural communities where households relied on postreproductive women for the family's survival, and explores the emergence of menopause as a medical condition in the Western world. The Slow Moon Climbs casts menopause in the positive light it deserves—as an essential juncture and a key factor in human flourishing.*

### The Slow Moon Climbs

#### Living Well Through the Menopause

#### Coping with Endometriosis

#### Change Your Brain, Change Your Life

#### Could It Be the Perimenopause?

#### Managing the Menopause

#### How to Cope Without Artificial Hormones

*A guide to overcoming dysthymia and chronic mild depression, discussing how to recognize the signs of chronic depression, what the best medications and psychotherapies are, how the right exercise, diet, and stress reducers can help combat depression, and other related topics.*

*Endometriosis causes a variety of symptoms from painful periods and backache to fertility problems. If you have painful periods and wonder if you might have endometriosis, or if you've already been diagnosed, you need the best possible information, help and support. This book aims to help you understand your symptoms, talk to your doctor without embarrassment, and it explains the tests and the treatment options. There's also sympathetic advice to help you cope with pain, deal with your own feelings about having endometriosis, and talk to your partner about how you feel. \*Women with endometriosis need simple, clear information to enable them to decide for themselves which kind of treatment may be right for them. This book is written in a clear question and answer format and covers everything from explanations of symptoms to treatments and self-help. A book aimed directly at women, in a language they can understand.\* - National Endometriosis Society*

*Doctors are traditionally keen to medicalise the menopause, but, in the face of ongoing controversy about HRT, there is an increasing call for a natural menopause. Written by a GP, Menopause the Drug Free Way gives a strong, positive message about how women may empower themselves and develop a joyful attitude to life. It explains what's really going on inside the body at this time of transition, how women can tackle symptoms themselves, and when they should resort to the doctor. Topics include: the role of oestrogen; coping with hot flashes; dealing with depression and low mood; preventing osteoporosis; how to avoid putting on weight; what can I do to prevent cancer? coping with forgetfulness and memory loss; improving disturbed sleep; staying healthy for life p.pl [margin: 0.0px 0.0px 0.0px 0.0px; font: 12.0px 'Helvetica Neue'; color: #454545]*

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

*Everything You Need to Know About the Menopause (but were too afraid to ask)*

#### The Wisdom of Menopause

#### Menopause

#### A Doctor's Guide to Complete Vulvovaginal Health

#### The Female Body in Feminist Therapy

#### The Complete Mind/Body Approach to Coping with Menopause

#### Womenopause: Stop Pausing & Start Living

*What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives—and increase energy to boot. What to Eat When is not a diet book. Instead, secular internist Michael Roizen and certified physician Michael Croupin offer readers choices that benefit them the most—whether it's meals to help them look and feel younger or snacks that prevent diseases—based on the science that governs them.*

*In this breakthrough US bestseller, you'll see scientific evidence that your anxiety, depression, anger, obsessiveness or impulsiveness could be related to how specific structures in your brain work. Pioneering neuropsychiatrist Dr Daniel Amen provides convincing evidence that many problems formerly considered psychological, such as anxiety and depression, actually have a biological basis. The good news is that you're not stuck with the brain you're born with. In this groundbreaking book, Dr Amen offers a wealth of surprising - and effective - brain prescriptions" that can help heal your brain and change your life.*

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

*Every woman will eventually make the journey through menopause. For most, menopause occurs around age 50. Those women are lucky, because they can access the plethora of books that will help guide them through every phase of menopause. But for at least 1 in 100 women, menopause can occur as early as age 35, sometimes younger. And thousands more women will experience premature ovarian failure due to other medical conditions and treatments, such as cancer treatment. Whatever the cause of early menopause, women going through it are left in a vacuum, where finding a healthcare practitioner experience enough to treat them is difficult, let alone finding suitable information. Until now. With Menopause Before 40: Coping with Premature Ovarian Failure, Karin Banerd adds an important voice to menopause literature, addressing the distinct needs of the woman in premature menopause, as they are quite different from those of natural menopause, as they are quite different from those of natural menopause. Baner's personal experience and knowledge of premature menopause offers a unique perspective, as she shares her intimate, treacherous and painful journey that started at age 35. In the book, Banerd describes the warning signs of hormonal decline and the havoc these unexpected changes wreaked on her life. She also highlights the unique context of premature menopause, how it necessitates a different set of responses from doctors, and what she feels those responses should be. She goes on to explain exactly what menopause is and how it differs from natural menopause. And finally, she details various strategies for maintaining optimum health during the menopausal years. The last section, in particular, demonstrates how premature menopause can be a wake-up call for making nutritional and lifestyle choices that have far-reaching effects into the senior years.*

#### Overcoming the Menopause Naturally

#### The Cognitive Behavioral Workbook for Menopause

#### Smart Nutrition to Help You Flourish

#### Coping with Premature Ovarian Failure

#### A cognitive behavioural self-help guide to the menopause

#### Women's Mental Health

*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, in a clear and 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.*

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

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

*Find fast answers to inform your daily diagnosis and treatment decisions! Ferri's Clinical Advisor 2021 uses the popular "5 books in 1" format to deliver vast amounts of information in a clinically relevant, user-friendly manner. This bestselling reference has been significantly updated to provide you with easy access to answers on 1,000 common medical conditions, including diseases and disorders, differential diagnoses, clinical algorithms, laboratory tests, and clinical practice guidelines—all carefully reviewed by experts in key clinical fields. Extensive algorithms, along with hundreds of new figures and tables, ensure that you receive the most up-to-date and best medical practice. Contains significant updates throughout, covering all aspects of current diagnosis and treatment. Features 27 all-new topics including chronic rhinosinusitis, subclinical brain infarction, reflux-cough syndrome, radiation pneumonitis, cataplexy, end-stage renal disease, and genitourinary syndrome of menopause, among others. Includes new appendices covering common herbs in integrated medicine and herbal activities against pain and chronic diseases; palliative care; and preoperative evaluation. Offers online access to Patient Teaching Guides in both English and Spanish.*

#### Overcoming Adrenal Fatigue

#### Burn Fat Naturally, Boost Energy, Sleep Better, and Stop Hot Flashes, the Keto-Green Way

#### The V Book

#### A Doctor Reveals the Secrets to Thriving Through Midlife

#### A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms

#### Making Friends with the Menopause

#### The Happy Menopause

*For Ellen Dolgen, menopause education is a mission. Spurred by her own experience struggling with the symptoms of menopause, Dolgen has devoted the last ten years of her life to helping other women during this often difficult time. While she's not a doctor or scientist, she's "talked the talk" with countless menopause experts, so that she can "walk the menopause walk" with you and share the keys to this menopause kingdom. Together with her son, Jack, she created this new, comprehensive guide to all things menopause—the symptoms, the treatments, the long-range effects on a woman's health. Dolgen shares the expertise of numerous specialists to replace confusion and embarrassment with medically sound solutions, presented in an entertaining and informative way. You'll find detailed descriptions and treatments for the symptoms you or your loved one may experience, from hot flashes and mood swings to mental foggness and loss of libido, and lots more in between. In addition to sharing the latest research and proven treatments, Dolgen offers guidance to finding a menopause specialist who's right for you, and she provides a clear explanation of what tests to ask for. You'll also learn about the latest studies on hormone replacement as well as alternative therapies and remedies. Finally, Dolgen shares the real-life experiences of women—and those who love them—as they traverse the crazy ups and downs of perimenopause and menopause.*

*Menopause: The Science, History, and Meaning of Menopause* is an essential yet often overlooked area of women's health. Dr. Elizabeth G. Stewart, the nation's foremost expert in vulvovaginal care and sexual-pain disorders, answers the questions about the all too common "V" ailments that women are embarrassed to discuss even with their doctors. Drawing upon the latest medical research and two decades of experience treating thousands of women in her specialized gynecological practice, Dr. Stewart has compiled a wealth of information and advice. This comprehensive and authoritative guide for women of all ages includes: • How your vulvovaginal concerns change throughout the life cycle, from your teens through menopause and beyond • How to pick a good gynecologist, and how to ask the right questions • Dos and don'ts of V hygiene—and why sometimes less is better • The safest use of tampons, pads, and pantliners • How to handle common symptoms, such as redness, itching, dryness, and discharge • Which medical tests you should insist upon from your doctor • Tips for safe and pleasurable sex, and what to do when sexual intercourse is painful • The latest research on vulvodinia, the vaginal pain syndrome that won't go away • Diagnosing and treating yeast infections, allergies, and other ailments • What to do if your doctor detects cancer or precancer cells • And much, much more.

*Dr. Christine Northrup, MD, author of Regain Your Energy, Vitality, and Health Your adrenal glands play a key role in helping you control stress and maintain energy throughout the day. When these small but important glands malfunction, you may start to notice the telltale signs of adrenal fatigue. Decreased energy, weight gain, mood changes, inability to handle stress, and a weakened immune system are just a few of the symptoms of adrenal imbalance. It can slow you down, interfere with your overall sense of wellness, and even make you feel depressed. If you suspect that adrenal imbalance is causing symptoms for you, this book will help you figure out what's going wrong and partner with your health care provider to find solutions. In Overcoming Adrenal Fatigue, you'll find clear self-evaluations and treatment guidelines that will empower you to take charge of your adrenal health through nutrition, vitamins, herbs, bioidentical adrenal hormone supplementation, and self-care practices. This complete guide to optimizing adrenal health will give you the tools you'll need to get your symptoms under control and regain the energy to enjoy your active lifestyle. The complete program in this workbook will help you: • Rebuild fatigued adrenals with balancing herbs and supplements • Eat for all-day energy and improved concentration • Practice mindfulness and relaxation techniques to reduce stress • Learn about medications that can help with symptoms of perimenopause*

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

*Ferr'i's Clinical Advisor 2021 E-Book Menopause Confidential • For women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, better sleep, diminished hot flashes, a clearer head, and a rejuvenated sex drive. "Hormone balance is within reach, and this is the definitive guide for reaching that goal."—David Perlmutter, MD, author of Grain Brain As women approach menopause, many start to experience the physical and emotional indignities of hormonal fluctuation: metabolic stall and weight gain, hot flashes and night sweats, insomnia, memory loss or brain fog, irritability, low libido, and painful sex. Too often, doctors tell us to be expected and that we'll have to wait them out during "the change"; some of us even agree to be unnecessarily medicated. But Dr. Anna Cabeça's research and experience with thousands of her patients show that there is a fast-acting and nonpharmaceutical way to dramatically alleviate these symptoms. The Hormone Fix introduces Dr. Cabeça's unique Keto-Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body's cellular pH to a healthy alkaline level. The proven result: balanced cortisol and reduced output of insulin, the hormones most responsible for belly fat and weight gain, plus an increase in oxytocin, the "love and happiness" hormone. Whether you are perimenopausal, menopausal, or postmenopausal, The Hormone Fix offers an easy-to-follow program, including • a 10-day quick-start detox diet to jump-start weight loss and reduce symptoms immediately • daily meal plans and weekly shopping lists to take the guesswork out of a month's worth of Keto-Green eating • 65 delicious and easy-to-make recipes for breakfast, lunch, dinner, smoothies, and soups • detailed information on vitamin and mineral supplementation that optimizes hormone balance • simple self-assessments and recommended optional lab testing for a better understanding of your hormonal status • tested and trusted stress-reduction and oxytocin-amplifying advice and techniques With The Hormone Fix you can expect to trim down, tap into new and unexpected energy levels, enhance intimacy, and completely revitalize your life! Ready for your fix? "The Hormone Fix is a treasure trove of accurate and user-friendly information that all women who are suffering during menopause need to know and apply."—Christiane Northrup, MD, author of The Wisdom of Menopause*

*There are few things as difficult for women to deal with as they approach middle age as menopause. The hormonal fluctuations, weight gain, hair growth, and hot flashes are enough to drive anyone to the brink. Fortunately, many things can help you through the menopause transition, starting with following a nutrient-dense ketogenic or low-carb diet. A very-low-carb lifestyle can help lower insulin levels, improve insulin sensitivity, keep your appetite under control and potentially even reduce hot flashes and other symptoms. Are you overwhelmed with all the information you got about Keto and don't know where to start? This powerful Book will: Give You a Detailed Explanation About Keto Diet and How Can Help You in Your Menopause Transition to overcome both physical and moral "low-key" moments, with the addition of a brief incisive mindset of mental support to cope in a constructive and "friendly" way Learn How to Manage Your Weight thanks to the keto diet, very effective for weight loss. A major benefit of being in ketosis is the suppression of appetite, that is a reason why Keto Diet do reduce hunger and appetite. Forget Forever About Hot Flashes because women who start a keto diet report having fewer and less severe hot flashes. In several cases, the improvement is rapid and significant. It happens because a very-low-carb diet provides the brain with ketones it can use as fuel. All those annoying hot flashes will disappear once for all! Discover How Tasty and Yummy The 200 Keto Recipes for Menopause are, and how they allow you to reach your goals to live this difficult moment of your life in the healthiest and proper way Finally, Regain Your Energy and Vitality when you switch to a keto diet. This happens because you stabilize your blood sugar and no longer have dramatic highs and lows with your glucose levels. ... & Much More! If you are like many menopausal women, you have a crazy busy life. Career, travel, social demands, driving teenage kids to sporting events, visiting your college-aged kids... your plate is full! When you implement the keto diet, you will change your energy source from sugar burning to fat burning. This means you can go for long periods without food. Nothing is more convenient for the overscheduled rushing menopausal woman than not having to eat every few hours. When women start their keto journey, many of them feel that they have found the fountain of youth! Why shouldn't you be one of them? Order Your Copy Now and Start Turning Back Time!*

#### Overcoming the Menopause Naturally

#### A Clear and Comforting Guide to Support You as Your Body Changes, 2017 Edition

#### The Menopause

#### Mind Over Menopause

#### Menopause: The Drug-Free Way

#### The Hormone Fix

#### How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free

*The Essential Book for Every Woman Over 35 You're in the prime of life. As far as you know, menopause could be years away. So why is your body sending you such weird messages? Women today can't afford to lose time and energy to the common, but often misdiagnosed, symptoms of perimenopause — from mood swings and stubborn extra pounds to hot flashes and insomnia — that precede menopause by as much as a decade. In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being: • Hormone treatment before menopause, including all the new, natural, and low-dose tests that are making this a safe choice for more women • Herbs, soy, and other alternative therapies that are backed by solid medical research • How perimenopause affects fertility — and what to do if you want to get pregnant • How your skin, hair, and nails reflect deeper changes — and how to make them vibrant again • Ways to combat cancer fears — and what forms you absolutely must have • Whether a high-protein diet is right for you — and what vitamins and minerals you should be taking • What to do now to protect your breasts, uterus, bones, and heart in the years to come • Diet and exercises to prevent or minimize symptoms, and much more!*

*While you hit the books to understand what was happening to her, she slammed up against a culture of silence and sexism. Some promoted hormone replacement therapy, others encouraged acceptance, but there was little that offered a path to understanding menopause in an engaged way. Flash Count Diary is a powerful exploration into aspects of menopause that have rarely been written about. It is a deeply feminist book, honest about the intimations of mortality that menopause signals but also an argument for the ascendancy, beauty and power of the post-reproductive years in women's lives. "This fiction book begins as eight frustrated midlife women-from all walks of life-meet Dr. Kallej 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."*

*Explains the different options from HRT to complementary therapies and self-help approaches, and addresses the emotions that can surface at this time.*

#### The Complete Ketogenic Diet with 200 Tasty Recipes to Help You Overcome Menopause Issues , Regain Your Vitality , and Live This Moment of Your Life in the Healthiest and Proper Way

#### A New Story About the Menopause

#### 5 Books in 1

#### New Approaches to Overcoming Dysthymia and Chronic Mild Depression

#### Coping with the Menopause

#### The Change Before the Change

#### Everything You Need to Know to Stay Healthy in the Decade Before Menopause

*No woman experiences menopause in exactly the same way. Some may endure hot flashes, irritability, or mood swings, while others experience insomnia, anxiety, or even depression. And while you have probably heard about the benefits and drawbacks of hormone-replacement therapy (HRT), you should also know that cognitive-behavioral therapy (CBT) has been proven effective not only in treating the emotional symptoms of menopause, but the physical aspects as well. With this workbook, you will learn exactly what is happening to your body during this transition and create a personalized treatment plan to help you feel better right away. Also included are easy-to-use worksheets and charts so that you can track and manage your symptoms and determine which treatments are working. Whether you are looking for an alternative to HRT, or simply want to supplement your treatment, this workbook is an essential resource for gaining control over your menopause symptoms. This comprehensive program will help you: • Recognize symptoms and create an individualized treatment plan • Manage hot flashes, night sweats, and insomnia • Cope with anxiety, depression, and mood swings • Discover natural and alternative therapies • Make diet, lifestyle, and environmental changes*

#### Help and advice for this time of transition

*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.*

*The menopause is still a taboo topic and a source of uncertainty and embarrassment for many women. In Managing Hot Flashes and Night Sweats Myra Hunter and Melanie Smith aim to provide women with up to date and balanced information about menopause and a self-help guide to reduce the impact of hot flashes and night sweats in just four weeks. This book sets out an interactive four-week programme using cognitive behavioural therapy, with exercises and worksheets designed to enable women to develop strategies for managing menopausal symptoms. This approach is based on the authors' research and has been shown to be effective in recent clinical research trials. This guide can help you to: Understand the biological as well as the psychological and cultural influences on menopause Understand and manage hot flashes*

*in social situations Learn to modify triggers and use paced breathing to reduce the impact of hot flashes Reduce stress and improve well-being Develop strategies to help if night sweats disturb your sleep With a companion audio exercise and downloadable resources available online, Managing Hot Flashes and Night Sweats offers a complete and effective framework to approach menopause with confidence and to manage symptoms without the use of medication. The book is ideal for women approaching or going through the menopause, for women having menopausal symptoms following treatment for breast cancer, for their friends and relatives, and healthcare professionals working with women.*

#### The Ugly Truth About Male Menopause

Keto and Menopause  
What to Eat When  
The Girlfriend's Guide to Surviving and Thriving During Perimenopause and Menopause  
Menopause Before 40  
Menopause in Perspective  
A Comprehensive Textbook

Interviews with and case studies of women in the U.S., accompanied by research in this text, show how our perceptions, thoughts, and spiritual practices can help women through menopause without drugs and their potential side effects. More and more women today are seeking natural ways to cope with menopause, including through mindfulness techniques and Eastern practices such as meditation. Women of various races, ages, and socioeconomic status interviewed at length for this study explain their experiences, victories, and setbacks in their quests to overcome this natural but body- and brain-altering change. Complementing findings from her research with wider outside research, author Deborah Merrill explains how popular culture depictions, race, class, and education all alter women's perceptions of the meaning of menopause, and how those perceptions can complicate, exacerbate, or alleviate physical and psychological symptoms. She details the "medical view" that views menopause as a problem to be solved, rather than as a natural event. And, through women's words and case studies, she details psychospiritual approaches many are adopting to cope, instead of seeking potentially harmful medicines. Readers will find new insights, wisdom, and potential solutions in the array of voices, experiences, and paths taken and presented in this book. Includes interviews with women of various races, socioeconomic statuses, and ages Addresses the social meaning of menopause and portrayals in popular culture Discusses how some women are turning to lifestyle and diet changes, as well as Eastern practices such as yoga, meditation, and mindfulness to cope with menopause Includes appendices of meditations, dialogues, and resources

A comprehensive yet accessible reference guide to the practical management of menopausal symptoms.

WOMENOPAUSE presents a clear fresh voice to the controversy of hormone therapy for menopausal symptoms. Over the past thirty years, Dr. Lovera Wolf Miller has witnessed public fascination swing from one trend to the next. Through it all, women have benefited, and at times suffered, whenever new treatment strategies have come into vogue. WOMENOPAUSE invites readers into the intimate conversation that takes place between a woman and her female gynecologist.