This complete guide to menopause offers effective advice on diet, exercise and lifestyle to keep you in optimum health before, during and after this change in your life. With entirely natural solutions, free from the side effects that are common to hormone replacement drug therapies, this sensitive and informative guide includes: - A 12-Step Hormone Balancing Diet - Relief from symptoms such as hot flushes, night sweats and weight gain - The truth about HRT, to help you make an informed decision if you consider it - How to prevent health problems such as osteoporosis and heart disease - Simple steps to good energy levels, body fitness and a fulfilling sex life beyond the menopause Understand what your body needs and you can prepare yourself for the menopause, successfully manage your symptoms and enjoy the best possible health beyond it.

'Filled with a wealth of invaluable information after reading this you will feel empowered and ready to take on the world' - Lorraine Kelly OBE The ultimate guide to looking and feeling your radiant best throughout the perimenopause, menopause and beyond 'I have always found it curious that we talk openly about pregnancy and birth but when it comes to an equally important phase in our lives - the menopause - there is an audible silence I want all of you who read this book to know you have the tools to feel and look your radiant best. And more than that, I want my daughters - and yours - to embrace the menopause as simply another phase in our lives which is natural and liberating.' Liz Earle, MBE, is one of the world's most respected and trusted authorities on wellbeing. Following on from her bestselling books Skin and The Good Gut Guide, this beautifully illustrated guide shares all of the information, tips and advice you need for a healthy menopause. She provides guidance on how to balance your hormones, the importance of a nourishing diet, the myths and facts about HRT, osteoporosis, how to optimise bone health, and how to boost energy and self-esteem. An expert on beauty, Liz Earle also provides advice on how to take special care of skin, hair and nails, and
Where To Download Menopause The Complete Guide To Maintaining Health And Well Being And Managing Your Life

... how to combat ageing with supplements. She also shares 60 nutritious recipes - including many suitable for vegetarians - to help you feel and look your best. 'Liz Earle's practical, honest and uplifting book will help women become stronger as we navigate the Menopause. It's time to celebrate a new chapter in our lives' - Kirsty Wark

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

How understanding the brain-hormone connection can help women to navigate menopause.

'Maisie's knowledge of hormones changed my life you need this book' - Anna Jones An empowering guide to make perimenopause and menopause a positive experience. 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, a women's health practitioner, founder of The Flow Collective, and bestselling author of Period Power, 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.

“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 Amandak 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, Amandak 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; A dvice 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.

From relieving hot flashes and mood swings to alleviating insomnia and forgetfulness to managing your weight and reducing the risk of osteoporosis, heart disease, and breast cancer, Leslie explains how to manage your symptoms by making smart changes to your diet, adding the right vitamins, minerals, and herbal remedies to your daily routine.

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

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

Why is talking about the menopause so taboo? When it's something that all women experience, and all in their own unique way. Written by a range of expert contributors from clinical professionals to natural practitioners, this comprehensive and thoroughly researched guide equips you with everything you need to help prepare for the changes ahead. Reflecting the latest NICE guidelines and information about HRT, this book provides a balanced view and encourages you to explore the options and think about what's right for you. Covering the facts, the myths, different approaches to menopause, including natural and medical options, and what
to expect. Also included are quotes and stories from women sharing their own experiences. You've been through puberty and survived. You're about to enter a new phase of your life, and it's up to you how you approach it. So grab a cup or glass of something, have a flick through this guide and let's start talking about the menopause. Expert contributors include: Dr Louise Newson, Dr Marilyn Glenville, Dr Heather Currie, Dr Karen Morton, Dr Marion Gluck, Kathryn Peden, Katherine Bellchambers, Pamela Windle and other specialists in their field.

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

What to Expect When You’re Not Expected to Expect Anything Anymore Did you see the title and flame-filled cover of this book, and did your weary, sweaty, confused, and exasperated soul scream, That one! That is the book for me!!! If so, I’d first like to extend my deepest sympathies, an ice pack, and some of these very helpful edibles. If it’s three in the morning as you’re reading this, as it may well be, you likely want those more than a book. But since I can’t really give you the other stuff, I can at least offer you this book.... Perimenopause and menopause experiences are as unique as all of us who move through them. While there’s no one-size-fits-all, Heather Corinna tells you what can happen and what you can do to take care of yourself, all the while busting pernicious myths, offering real self-care tips— the kind that won’t break the bank or your soul— and running the gamut from hot flashes to hormone therapy. With big-tent, practical, clear information and support, and inclusive of so many who have long been left out of the discussion— people with disabilities; queer, transgender, nonbinary, and other gender-diverse people; BIPOC; working class and other folks— What Fresh Hell Is This? is the cooling pillow and empathetic best friend to help you through the fire.

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.

Menopause Reset! is the revolutionary, scientifically-proven program that helps women control the physiological effects of perimenopause and menopause with mind, diet, and exercise solutions that keep blood sugar levels stable and bodies in the fat-burning zone all day long. In the past, controversial hormonal replacement therapy was the only method by which women could positively affect menopausal symptoms. But Menopause Reset! changes all of that. The program specifically regulates blood glucose with food, exercise, and highly effective stress reduction techniques, allowing women to stop and reverse menopausal weight and fat gain. Based on the successful treatment of tens of thousands of women whose life-changing results are included in
Where To Download Menopause The Complete Guide To Maintaining Health And Well Being And Managing Your Life

the book, Dr. Harpaz has put together an easy, 3-step solution that targets the triggers of menopause and its symptoms. Menopause Reset! teaches women all about their metabolic mechanisms: what they are, how they work, and, most importantly, how to manipulate them to achieve sustainable weight loss and get their bodies back!

Bestselling author Maryon Stewart’s life-changing plan and recipes are a proven alternative to HRT, tailored to help you regain your zest for living, restore your libido and protect your heart, bones and memory for the long term. The effects of menopause can be utterly debilitating for women, ravaging their physical, mental and emotional health and often their careers and relationships too. But conventional therapies come with side effects that sometimes seem nearly as bad. Bestselling author Maryon Stewart shows how you can alleviate the symptoms of menopause—naturally and effectively; through diet, supplements, herbal remedies, exercise and relaxation. The Natural Menopause Plan includes more than 90 delicious recipes. All are easy to make and brimming with vital nutrients, such as calcium, magnesium and essential fatty acids. Many are especially designed to include naturally occurring estrogens (phytoestrogens); a safe and effective alternative to HRT. You’ll find delicious smoothies, pancakes and muesli recipes for breakfast. Lunch and dinner choices include fresh salads, soups, risotto, bakes, curries, stir-fries and more, with plenty of options for special diets. Desserts and snacks offer choices like cheesecake, fruit salads, cakes, bars and breads. Each is specially designed to alleviate menopausal symptoms in a healthful, lasting way. Complete with authoritative nutritional information, this is the ultimate guide to combating the effects of menopause the natural way.

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

An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field. The physical changes that occur after women turn forty are unavoidable—and can be unnerving. Menopause affects every aspect of life—from sex and sleep to mood and mental clarity to weight and body temperature. While there are a number of resources available, many are confusing and contradictory. Now, Manhattan gynecologist Dr. Tara Allmen, an experienced, nationally board-certified menopause practitioner and the recipient of the 2015 Doctor’s Choice National Award for Obstetrics & Gynecology, shares her knowledge to help women be their happiest and healthiest, and turn this challenging time into an exciting one. Written in her effervescent yet assured voice, Menopause Confidential provides simple strategies and cutting-edge information on: hormonal changes and the symptoms of perimenopause and menopause; the health risks associated with midlife—from cutting through the conflicting opinions and advice about health
Where To Download Menopause The Complete Guide To Maintaining Health And Well Being And Managing Your Life

screenings (Do I really need a colonoscopy? How often should I get a mammogram?) to common medical conditions, such as osteoporosis; various remedies, both allopathic and natural, to combat symptoms and empower women to make the best choices for their individual needs; practical tips and resources for mitigating the effects of menopause. Fifty-one-year-old Dr. Allmen knows firsthand what women are going through, and shares stories of her own personal travails and solutions. Women can’t turn back the clock, but they can take control of their health and flourish in midlife. Menopause Confidential encourages them to be informed, be proactive, and be their greatest selves.

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.

When it comes to caring for their bodies, women want to know that the advice they get is medically sound AND in line with their values and their faith. This groundbreaking new reference offers guidance readers can trust as two Christian obstetrician/gynec/div

Years of involvement, firsthand experience and research at the Menopause Clinic of the Groote Schuur Hospital, Cape Town, exist as the background to this book. The Clinic itself, however, as one of the first in the world to be established, if not the first, has a
story and a lesson of its own to offer, and is therefore deserving of a brief description as the preface to the book. In 1967, shortly after Christiaan Barnard had completed the historical first human heart transplant at the Groote Schuur Hospital, I happened to be in West Berlin and was invited to visit a major international pharmaceutical firm. A new female hormone was mentioned, and thereby started my interest in the subject. Upon my return to Cape Town, I spent many hours in the large medical school library and completely surveyed the menopause literature to 1967. I was stunned by its general inadequacy and was bitten by a challenge to clarify what menopause really was, and to define the proper place of hormone replacement therapy.

When an unnecessary hysterectomy plunged Nicole Jaff into premature menopause she was determined to help other women avoid the same mistake. She researched the subject of menopause in depth, and became a menopause consultant. Nicole clarifies the complex and confusing issues that surround menopause, empowering women to make informed choices about their health. She practices in Johannesburg, consults internationally, and lectures and gives workshops on menopause. She writes a monthly column on menopause for Women Home magazine. She is married to Nick and has two daughters, Sophie and Elizabeth. Book jacket.

Dietary, exercise, and relaxation programs for menopause management are presented in an extensively illustrated guide that explores both medical and alternative approaches to help women cope with the physical and emotional changes of menopause. By the author of The Magic of Sex. Reprint.

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?

An updated edition of Germaine Greer's revolutionary discussion of menopause, which the New York Times Book Review called "a brilliant, gutsy, exhilarating, bruising, exasperating fury of a book." A quarter of a century after the first publication of Germaine Greer's now canonical look at women's experience later in life, the renowned feminist and prolific author updates and expands her essential book, The Change. Despite improvements over the last few years, discussions about menopause are still hampered by a
huge variance in conventional wisdom about what happens, when it happens, when it can be said to be over, and how to deal with it. After decades, the same misinformation and ineffective methods are still being widely touted and proliferating at an alarming rate due to the rise of the Internet. In this updated edition of her groundbreaking book, Greer debunks stubborn myths and presents a vital new perspective on the emotional and physical changes—including up-to-date medical details—women face today when they go through what's known as "the change." Greer also addresses cultural changes that surround female aging today, launching a clear and necessary protest against the notion that women should shrink into the background as they grow older. She argues that menopause marks the point in a woman's life when she should be able to stop apologizing and bask in the freedom and joy that come with her later years. Witty, wise, and timely, this new edition of The Change offers a crucial twenty-first-century guide to the change that every woman faces.

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

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

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

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

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.

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

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

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.
A 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 is not to medicate the changes, but instead get to 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, anxiousness, 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. You always deserve a body that works for you, and if you are feeling less than your best, you deserve solutions that promote actual healing. In as little as twenty-one days, The Essential Oils Menopause Solution will help you reclaim vibrant, optimal, and long-lasting health.

"Very readable, comprehensive, up-to-date an excellent guide." - Isaac Schiff, M D, Harvard Medical School 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?

Drawing on the latest thinking in psychiatry and psychology, and written for women of diverse backgrounds, this guide to women's
mental health provides a comprehensive and readable overview to the psychological issues that concern women most.

A Guide for Every Woman: Take control of your health! Live happier and healthier! Do you want to know about changes you will face when menopause approaches? Do you want to explore the symptoms of menopause? If so, then keep reading! Hello! Welcome to "MENOPAUSE". Menopause is a natural event in every woman's life, yet it is often a source of anxiety and stress because we don't know what to expect. Life involves several transitional stages, from birth to death. Menopause signifies the end of your reproductive years. Your ovaries stop producing enough eggs needed for stimulating estrogen production. This book will give you precisely what you need to make your change one of the most thrilling times of your life. This book is about the menopausal transition, focusing on changing menstrual cycles, changing hormonal levels, and menopausal changes in sexuality. This book empowers you to trust the process of your body changing and along with this, aiming to assist you in finding a powerful way through the range of experiences that can accompany this life-changing experience. This book will help you to fully understand what is happening to your hormones as they decline in perimenopause and solutions to some of the symptoms you can experience through diet, exercise, lifestyle, and mindset. This book will help you treat and prevent menopausal symptoms including a diet tailored to the blood type that allows you to managemenopausal symptoms. Here's what makes this book special: What is Menopause? The Mystery Of Menopause Hot Flashes & Muscle Aches Mood Swings & Anxiety Depression & Memory Lapses Sexuality & Sleep Problems Bone Health & Heart Health Much, much more! This book is different from others because in this book: You will learn about common Menopause myths You will learn about hormone replacement therapy You will learn about menopause diet Interested? Then Scroll up, Click on "Buy now with 1-Click", and Get Your Copy Now! Copyright: © 2020 by MARGARET JOHNSON, All rights reserved.

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

Practical advice from an award-winning specialist nurse. Highly Commended, British Medical Association Book Awards With clear and sensible information about recognising symptoms, getting help, treatment options and staying positive, this guide will help those experiencing menopause as well as those who wish to understand and offer their support. Designed to help you determine what will work best for you, this book offers detailed knowledge about the physiological and psychological effects of the menopause and its treatments, so you can make confident decisions about your health.

Copyright code: 4dac7d75beb2a3a9e6c8d15e09583729