

to balance hormones and lift mood; enjoy foods that boost energy and sharpen focus; discover the best exercises for strong bones and a healthy heart; meditate and use CBT to relieve anxiety; find out how Ayurveda can help you maintain thick hair and supple skin; enjoy aromatherapy massage to clear mind-fog or soothe joint pain. Discover how to attend to your specific needs in a mindful, positive way, either alongside or without prescription medication. Your go-to e-guide to helping yourself make the transition an energizing, liberating experience, *Natural Menopause* helps you take charge and embrace the change.

Every woman experiences the menopause, but with an abundance of advice on your body's changes, how do you know what to believe? In this definitive guide, TV's famous Dr Rosemary Leonard debunks some of the myths surrounding menopause, including why 'perimenopause' is a layman's term, and the pros and cons of HRT. Covering everything from hot flushes, changes to your menstrual bleeding pattern, how to tackle sex after menopause, and advice on alternative remedies, *THE MENOPAUSE* is the comprehensive bible on how to navigate your body's changes.

How to stay healthy before, during and beyond the menopause

AARP Menopause Drug Alternatives

Managing Menopause Naturally

A Doctor Reveals the Secrets to Thriving Through Midlife

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

Before, During, and Forever

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

Dr. Mao's Hundreds of Natural Secrets for Women to Revitalize and Regenerate at Any Age

A friendly, fun, informative book dealing with those common complaints, PMS and period pain. Problem Periods also explains some of the more difficult and less talked about conditions including Fibroids, Dysfunctional uterine bleeding (DUB) and Polycystic Ovarian Syndrome (PCOS).

The doctor known for her "Menopause Bootcamp" gatherings, shares her 360-degree holistic approach to this natural life stage in this empowering and joyful guide to help women not just survive this physiological and psychological transition, but thrive. Over the course of her twenty-year medical career, Dr. Suzanne Gilberg-Lenz noticed a shocking dearth of information and support for women beginning and experiencing menopause. For too long, this crucial stage in women's lives has been given perfunctory notice in medical schools and is often either a hidden secret or the punchline to a joke—denying women the information and support they need. This disregard, coupled with the unconscious misogyny and ageism that run rampant in our culture, portrays menopause as something to be afraid of, and worse, adds a patina of shame around the blessing of aging and the beginnings of a new, normal, and enriching phase in a woman's life. Known across Los Angeles for her Menopause Bootcamp retreats, Dr. Suzanne, as her patients call her, believes that the 27 million women entering menopause each year deserve thoughtful, candid, modern, holistic information about the physical and psychological issues that arise in this transitional stage, including changes in libido, metabolism, body image, and fears over genetic age-related illnesses. She contends that menopause is a whole life condition and deserves a wide-ranging approach that combines meditation, yoga, therapy, herbal supplements, along with the most-up-to-date science and conventional medical solutions. Packed with answers to common questions and helpful insights, infused with Dr. Suzanne's expert, but warm, and sometimes, laugh-out-loud honesty, *Menopause Bootcamp* is a welcome invitation to embrace and even celebrate this remarkable developmental phase in the lives of women. It's a welcome reminder that life doesn't end at menopause—it's the start of something new and wonderful.

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. James Balch and Mark Stengler, coauthors of the hugely successful Prescription for Natural Cures, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat menopause. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines. "This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well." —Hyla Cass, M.D., author of Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition "An outstanding resource for comparing common pharmaceutical and holistic treatments." —Ronald M. Lawrence, M.D., coauthor of Preventing Arthritis and The Miracle of MSM "A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely." —Suzy Cohen, R.Ph., author of The 24-Hour Pharmacist

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

The Menopause Diet Plan

Natural Solutions to Menopause

Natural Remedies for Common Problems

Menopause Solution

Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms

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

Mayo Clinic The Menopause Solution

The Answers

In this informative new book, Dr. Emily Kane sets out to banish the current myths about menopause, making the important point that menopause is not a disease condition that requires medical intervention. It is instead, she says, a natural transition to be approached as a new type of freedom. Dr. Kane believes that menopause is a gift that allows many of us to live many more years - without monthly periods or the specter of unwanted pregnancies, or, for some, the roller coaster of premenstrual moodiness. This book is her road map for women, to help them navigate their way into, through, and out the other side of menopause - all the while in radiant health. Part One of Managing Menopause Naturally takes up the symptoms of hormonal change in the initial perimenopausal stage, which can include irregular menstrual periods, mood swings, hot flashes, night sweats, bone and hair loss, and foggy thinking, and provides practical, natural, non-pharmaceutical solutions. Part Two recommends incredibly useful natural solutions, including bio-identical hormones, ways to protect the liver, and many different natural supplements. Part Three discusses the roles that the ovaries and the adrenal and thyroid glands play in the female body before, during, and after menopause. The final section is an overview of how to stay healthy for a long time, and gives specifics on maintaining a functional immune system and reducing the risks of heart disease and cancer. Throughout, Dr. Kane dismantles the myths created around menopause: how it causes diseases and turns women into raging terrors; how, because women live longer now, their estrogen must be replaced; and how all menopausal women should be treated with standard hormones. She says these and other related myths are all inspired by conventional doctors and pharmaceutical companies, and tells us how it is possible, instead, to manage this transitional phase naturally and comfortably. The back of the book contains resources and references for follow-up and further information.

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

This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?" The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

Do you want to be free of hot flashes, insomnia, fatigue, anxiety, depression, vaginal and skin dryness and other uncomfortable symptoms of menopause? Do you want to restore your hormonal health and balance and enjoy radiant health and wellness? Then, Dr. Susan's Solutions: Healthy Menopause is an essential book for you. Written by Susan M. Lark, M.D., best selling author and one of the most renowned women's alternative medicine experts, this incredible guide to healing from menopause symptoms and restoring your hormonal health and balance contains her all natural and very effective treatment program. Her program has helped thousands of her menopause patients gain dramatic relief from their debilitating and uncomfortable symptoms. Dr. Lark's program for menopause relief is incredibly effective, safe and fast acting and has enabled her patients to avoid the use of conventional hormone replacement therapy with its many side effects and health issues including an increased risk of heart disease and breast cancer. Her book also includes her expert knowledge of the most up-to-date medical and alternative therapy research in this field. In this book, Dr. Lark shares with you: - Important information on the major female

hormones, estrogen, progesterone, testosterone, and DHEA and how they affect the body and how production of these hormones changes as a woman enters menopause - In-depth discussion of the symptoms of menopause including hot flashes, sleeplessness and insomnia, mood swings, fatigue and vaginal and bladder changes. Other topics discussed include osteoporosis, arthritis, skin and hair thinning and dryness, heart disease and stroke and how to prevent and correct these issues using Dr. Lark's all natural treatment program - Very helpful workbook for evaluating your menopause symptoms and questionnaires to assess your risk factors of other midlife health conditions like heart disease, osteoporosis, thyroid disease and breast cancer - Essential chapters on bioidentical hormone therapy, including estrogen, progesterone, testosterone and their benefits; who should use these therapies, their side effects, guidelines for their use, best recommended dosages as well as how to safely stop conventional hormone replacement therapy - Her delicious menopause relief diet including menus, meal plans and scrumptious, high nutrient recipes that help eliminate menopause symptoms and promote radiant health and well-being Dr. Lark has included both vegetarian emphasis, high complex carbohydrate recipes as well as high protein, meat-based recipes, depending on the type of diet that your body needs most for optimal health - Many helpful charts including the foods that contain menopause relief nutrients, menopause food shopping list and substitution charts for high stress foods and ingredients that worsen menopause symptoms - The most effective vitamins, minerals, antioxidants, essential fatty acids, herbs and healthy plant based sources of estrogen to relieve menopause symptoms, their best therapeutic dosages and recommendations for use; essential guidelines on how to best use supplements; and a great sample nutritional supplement formula for menopause relief - How to support your own estrogen production and detoxification

Get Off the PMS and Perimenopausal Roller Coaster

The Creator's Way for Managing Menopause

Herbal and Medical Solutions from Adolescence to Menopause

With Special Guest Laurie Steelsmith, ND, Author of Natural Choices for Women's Health; How the Secrets of Natural and Chinese Medicine Can Create a Lifetime of Wellness

The Hormone "Shift"

See How Easily Natural Healing Improves Women's Health and Menopause Problems

Natural & Medical Solutions

All-Natural Options for Better Health without the Side Effects

There are over 50 hormones controlling your body. If you know how to transform your hormones, you can transform your life. Women are told their female health challenges are in their head result of faulty organs. Their options: accept that they will never have the joy, vitality and energy they deserve or take dangerous prescriptions or succumb to risky surgery. Yet there are several effective strategies that will bring immediate and permanent changes. Every one of your health symptoms is a clue as to what your body needs, you just need to know how to interpret those years of expertise with you so that you can learn how to identify the root of your issues and create your own road map to balanced hormones and health. I can put you in charge of your own charge of you.

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 changes that occur after women turn 40 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. With the resources available, many are confusing and contradictory. In this book you will learn: Hormonal changes and the symptoms of perimenopause and menopause The health risks associated with menopause and the conflicting opinions and advice about health screenings (do I really need a colonoscopy? How often should I get a mammogram?) to common medical conditions, such as osteoporosis, hypertension, 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 and lots more "Easy-to-understand, straight-forward information about what's happening to women's bodies as they near and reach menopause that dispels myths about change of life, provides tips for a healthy treatment options"--Provided by publisher

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, both in 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 hormone replacement therapy has 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, 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. It also includes 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 recipes include 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 specifically designed to combat 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.

Pre-Menopause/Menopause/Post-Menopause/Hormone Imbalance/HRT/Natural Alternatives to HRT/Diet and Lifestyle

The Natural Menopause Plan

Every Woman's Guide to Healthy Hormones After 40

Menopause Bootcamp

What Every Woman Needs to Know

Natural Solutions for Mood Swings, Hot Flashes, Fatigue, Anxiety, Depression, and Other Symptoms

Menopause

The Hot Flash Solution

An Instant New York Times, Washington Post, USA Today, San Francisco Chronicle, and Publishers Weekly Bestseller! A Next Avenue Influencer in Aging 2021 #1 Canadian Bestseller Just as she did in her groundbreaking bestseller The Vagina Bible, Dr. Jen Gunter, the internet's most fearless advocate for women's health, brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective, and expert advice. "I feel more equipped to care for

my patients, challenge the patriarchy, and empower & educate thanks to her work and advocacy.” —Dr. Danielle Jones (Mama Doctor Jones) “An exhilarating read and a comprehensive review of all things menopause.” —North American Menopause Society “Gynecologist Gunter (The Vagina Bible) helps women navigate the ins and outs of menopause in this delightfully conversational and strongly feminist guide. Readers looking to separate menopausal fact from fiction should take note.” —Publishers Weekly “Gunter mixes sound medical information with a bit of humor and a lot of candor...[this] frank and expert guide provides an informative and reassuring look at a long, often baffling and infuriating phase of life.” —Booklist 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 revolutionize how women experience menopause—including how their lives can be even better for it! “Read this book immediately.” —New York Times bestseller Ayelet Waldman, author of A Really Good Day and Love & Treasure “This is the new ‘it’ book for women who want to prepare for or understand what menopause is (and isn’t).” —Dr. Jennifer Lincoln

Say goodbye to hot flashes and night sweats in as little as 7 days with *The Hot Flash Solution* - a breakthrough all natural system developed by award-winning WebMD journalist and healthy lifestyle author Colette Bouchez! Part One includes your free Hot Flash Solutions Lifestyle Diary - a system designed to identify and track hot flashes - and help you eliminate them! In Part Two you'll find the facts about bio-identical hormones (with important safety data you won't want to miss) plus a guide to the safest, medically proven natural hot flash therapies including: * Supplements & Vitamins * Black cohosh * Red clover, * Aromatherapy * Acupuncture, * Yoga * Relaxation Techniques * PLUS A BONUS: The Hot Flash Diet Find out why Steven Goldstein, MD, Professor of OB/GYN at NYU-Langone Medical Center and a menopause expert calls this book .."the system that really works!" UPDATED PUBLICATION DATE: MARCH 2009

An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field. The physical changes that occur after women turn forty are unavoidable—and can be unnerving. Menopause affects every aspect of life—from sex and sleep to mood and mental clarity to weight and body temperature. While there are a number of resources available, many are confusing and contradictory. Now, Manhattan gynecologist Dr. Tara Allmen, an experienced, nationally board-certified menopause practitioner and the recipient of the 2015 Doctor’s Choice National Award for Obstetrics & Gynecology, shares her knowledge to help women be their happiest and healthiest, and turn this challenging time into an exciting one. Written in her effervescent yet assured voice, *Menopause Confidential* provides simple strategies and cutting-edge information on: hormonal changes and the symptoms of perimenopause and menopause; the health risks associated with midlife—from cutting through the conflicting opinions and advice about health screenings (Do I really need a colonoscopy? How often should I get a mammogram?) to common medical conditions, such as osteoporosis; various remedies, both allopathic and natural, to combat symptoms and empower women to make the best choices for their individual needs; practical tips and resources for mitigating the effects of menopause. Fifty-one-year-old Dr. Allmen knows firsthand what women are going through, and shares stories of her own personal travails and solutions. Women can’t turn back the clock, but they can take control of their health and flourish in midlife. *Menopause Confidential* encourages them to be informed, be proactive, and be their greatest selves. The editors of "Prevention" and integrative medicine specialist Ring distill research into the easy-to-follow 30-day slim-down, cool-down diet, which can help women lose 21 percent more body weight.

The Menopause Switch

Get Off the Menopause Roller Coaster

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

My Journey for Solutions to PMS, Menopause & Osteoporosis with Wild Yam

Second Spring

Secrets to Conquering Stress, Weight, Aging, Menopause, and More

The Natural Hormone Solution to Enjoy Perimenopause

Menopause - A Complete Health and Wellness Guide

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. Dr. Mariza Snyder is committed to helping women feel their best; her work is dedicated to solutions that heal a woman's health from the ground up. In as little as twenty-one days, The Essential Oils Menopause Solution will help you reclaim vibrant, optimal, and long-lasting health.

Drawing on the latest medical and scientific research, the coauthor of The Real Vitamin and Mineral Book presents an all-natural approach to coping with the symptoms of menopause, explaining how to use herbs, vitamins, natural hormones, and other supplements to alleviate menopausal symptoms, enhance energy, and promote increased vitality and health. Original.

Presents a plan for helping bodies transition hormonally without drugs from puberty through perimenopause, detailing the role of certain hormones, the importance of diet, and the steps to finding the right doctor.

Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman's symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause.

CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have "shifted" a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures? Learn the ONE MAIN hormonal "shift" that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal "shift" so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancers...and slowing the aging process as an extra benefit! If you are one of the many women saying.... These constant hot flashes are driving me crazy! Is everyone around me trying to get on my last nerve? I'm counting FLOCKS of sheep and still can't sleep! I'm working out, eating like a bird and can't lose a single pound! Sex? Are you kidding? I'd rather be sleeping or eating. My thyroid medicine just doesn't seem like it's helping me lose weight. "Depressed? That's an understatement, nothing is really fun anymore. This book is a must-read!

The Natural Menopause Solution

Using Natural Hormone Balancing for Your... Mood, Weight, Sleep & Female Health

Healthy Menopause

Optimize Your Health, Empower Your Self, and Flourish as You Age

Own Your Health with Facts and Feminism

Menopause Confidential

I'm Too Young for This!

Dr. Susan's Solutions

This revised second edition gives a comprehensive and practical explanation of menstrual problems and their treatment, from adolescence to menopause. Trickey gives a range of options for each complaint, including orthodox medicines, surgery and natural therapies.

Menopause is a fun to read yet sensible explanation of the self-care, natural therapies and medical solutions for managing your menopause.

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 foggy 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.

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 flashes, 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.

The Palgrave Handbook of Critical Menstruation Studies

A Clear Guide on Coping With Menopause, Top Alternative Therapies, Plus Frequent Questions & Answers

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

The Menopause

Natural Menopause

A Natural Guide to Managing Hormones, Health, and Happiness

Hormone Repair Manual

Menopause - The Answers

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.

The Menopause Switch was inspired by the successful protocol developed by the author in her private practice to help menopausal women manage their symptoms naturally. If your body has stopped responding to diets and exercise during midlife and everybody is telling you that "it's normal," this easy-to-read book will show you how you can simply flip the switch to finally live a normal life again, reducing hot flashes, weight gain, insomnia, and the end of intimacy. Menopause is an unavoidable, natural phase of life which comes with its share of confusion. However, menopausal changes don't have to be dreaded. In The Menopause Switch, Dr. Carissa Alinat offers science-based facts that she translates into easy-to-follow, natural and actionable tips so that any woman suffering from menopause can easily regain the vitality and body of her youth. In stirring away from unproven silliness, the author focuses on real, effective, and natural solutions. Written with authority and her humorous demeanor, Dr. Carissa provides an outstanding tool to transitioning to a new and exciting phase. She details what happens, why it happens, and reveals the exact blueprint to living a more normal life, making The Menopause Switch a trusted step-by-step guide to treat yourself the way Mother Nature intended: Naturally. In The Menopause Switch you are about to find out: * What hormones are and do, explained in a clear and concise language that is actually entertaining.* What happens when your hormones go awry. * The exact blueprint to bring yourself back into balance.* How to address the root causes of your menopause problems, without relying on medication that often camouflages them. * What changes you can make before menopause to make menopause more manageable once it occurs. * What the "stress hormone" is and how it sabotages your chances to losing weight.* How to practice self love and stress reduction.* Why fat seems to gravitate around your waistline once you reach a certain age, and what exactly you can do about it.* The secret to effective weight loss after age 35.* Exactly what foods you should absolutely stay away from, and why you should never buy low-fat foods.* How to get "in the mood for love" again, and eliminate vaginal dryness, pain during sex, and increase your sex drive and ability to reach orgasms. * Which natural supplements you can take to regain your vitality after menopause. * How to get rid of "sleep vampires" and wake refreshed.* How to regain a youthful skin and soften age spots and acne that sometimes reappear during menopause. * What causes brittle nails and thinning hair, and what exactly you can actually do about it. * What 7 switches you can easily flip to regain sanity, and manage or eliminate your menopause symptoms.* and much more... * Also includes 27 delicious, quick, and easy-to-make recipes engineered by award-winning cookbook author Chef Gui Alinat, CEC You are probably looking for real solutions to such terrible annoyances as hot flashes, mood swings, weight gain, vaginal dryness, sleep issues, night sweats, lack of mental clarity, loss of breast fullness, thinning hair and dry skin... If so, you are not alone. In her private practice, Dr. Carissa helps dozens helps women every week regain their sanity. Better yet, she inspires and empowers women to disrupt aging and live their best life past midlife. So if you are a woman on suffering from menopause, or if you are dreading that upcoming and unavoidable stage in your life, or even if you are a man interested in knowing what the woman in your life is going through, then scroll up, click the "Buy now" button, and begin your journey to wellness.

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 flashes, 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.

. Learn about why you might want to do hormone testing . Receive practical ideas on how to control hot flashes, and PMS . Find out how iodine and hypothyroidism contribute to breast issues . Learn about a test that helps determine risks of getting breast cancer . Resolve problems with vaginal dryness, and vulvodynia . Discover natural ways of dealing with chronic vaginal infections . Practical approaches for fibromyalgia . Find natural solutions for the insomnia of menopause . Learn more about uterine fibroids . Tools to get a heavy menstrual flow under control
Learn 9 Fast Track Solutions to Balanced Hormones
Making Informed Choices

Dr. Susan Love's Menopause and Hormone Book

A Woman's Guide to Hormone Health

Women, Hormones and the Menstrual Cycle

The Menopause Manifesto

Problem Periods

Natural Hormone Solutions

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.

THE CHINESE REFER TO A WOMAN'S MIDLIFE transition as her Second Spring. Thanks to the simple, natural techniques of traditional Chinese medicine, the second half of a woman's life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao's revolutionary Second Spring™ program gives you time-tested, completely natural treatments to enhance energy, sexuality, and health -- and initiate your own new season of vitality starting at age thirty-five, through premenopause, menopause, and beyond. Dr. Mao -- Yahoo!'s favorite natural health expert and author of the bestselling *Secrets of Longevity* -- offers proven natural solutions such as a surgery-free face-lift, Chinese herbs that fight memory loss, traditional remedies that improve libido and sex, and foods that keep your specific body type in peak form (they're not the same for everyone!). His safe, natural practices, outlined in more than 200 tips, can eliminate the need for expensive medicines and artificial hormones. This amazing compendium of traditional wisdom is also enjoyable to read. With chapters on topics like weight, energy, brain power, beauty, and sexual health, Second Spring allows you to target your concerns right away. At the end you'll find handy, at-a-glance lists addressing women's most common ailments. Second Spring, inspired by Dr. Mao's own mother's remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong, and live happy in ways that you never thought possible.

Controlling Hormones Naturally

Managing the Menopause

A Breakthrough Program for Taking Control of Hot Flashes in Just 7 Days!