

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

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

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The Complete Practical Guide

# **Menopause**

To Managing Your Menopause

*Under the guidance of a leading gynecologist, a team of experts in gynecology, psychology, sexuality, nutrition and*

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*exercise has contributed to this comprehensive guide. Everything women need to know to formulate and follow their own plans for ensuring they remain healthy during this*

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*critical period is  
detailed in a readily  
graspable way in this  
handsomely illustrated  
guide. Subjects include  
guidelines on hormone  
therapy and natural*

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*alternatives, recommended dietary changes, exercise routines and strategies for safeguarding sexuality, intellectual ability and physical prowess.*

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*Are you struggling with your weight and feeling overwhelmed by your physical problems? Do you just want to get back to the body you once had, strong and radiant? The*

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*truth is that all of us  
who have reached the age  
of 50 experience the  
negative thought of no  
longer being the people we  
used to be. This is due to  
the inevitable general*

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*hormonal and physical changes in our body and if you feel overwhelmed you need to take a closer look at these changes that are negatively affecting your lifestyle. Keto Diet 50*



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*includes... Book 1 - Keto  
after 50. With this  
Complete Guide you will  
learn everything about the  
Ketogenic Diet. It is not  
a simple collection of  
general advice but a*

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*specific guide for people  
over 50. Book 2 - Keto  
Diet Cookbook After 50. An  
arsenal of 200 quick and  
easy Keto recipes  
resulting from the  
collaboration with*

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*professional chefs. The goal is not to eat the usual boring recipes. Book 3 - Keto Diet Cookbook for Women After 50. A specific guide to help women through the turbulent*

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*period of hormonal  
fluctuations. The  
Ketogenic Diet will be  
your best ally to cross  
the perimenopause and  
menopause. . It includes  
an arsenal of 200 specific*

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*Keto Recipes to deactivate  
menopausal molecules and a  
30-day food plan. Ok but  
what will you experience  
with the Ketogenic  
Protocol? - The excess fat  
(especially around the*

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*belly) dissolves quickly -  
Earning an extra ton of  
energy that most adults  
forget is even possible -  
Radiant energy all day  
long - Your mood and your  
happiness coming to life*

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*again - Brighter and  
smoother skin - Snap out  
of the brain and mental  
fog - Your libido is  
awakening, roaring to life  
again And much, more...  
FROM THE EDITORS OF THE*

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*CLASSIC "BIBLE OF WOMEN'S  
HEALTH," A TRUSTWORTHY, UP-  
TO-DATE GUIDE TO HELP  
EVERY WOMAN NAVIGATE THE  
MENOPAUSE TRANSITION For  
decades, millions of women  
have relied on Our Bodies,*



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*Ourselves to provide the most comprehensive, honest, and accurate information on women's health. Now, in Our Bodies, Ourselves: Menopause, the editors of*

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*the classic guide discuss  
the transition of  
menopause. With a preface  
by Vivian Pinn, M.D., the  
director of the Office of  
Research on Women's Health  
at the National Institutes*

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*of Health, Our Bodies,  
Ourselves: Menopause  
includes definitive  
information from the  
latest research and  
personal stories from a  
diverse group of women.*

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*Our Bodies, Ourselves:  
Menopause provides an in-  
depth look at subjects  
such as hormone therapy  
and sexuality as well as  
proven strategies for  
coping with challenges*

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*like hot flashes, mood swings, and night sweats. In clear, accessible language, the book dispels menopause myths and provides crucial information that women can*

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*use to take control of  
their own health and get  
the best care possible.  
Our Bodies, Ourselves:  
Menopause is an essential  
resource for women who are  
experiencing - - or*

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*expecting -- menopause.  
Although all women will  
experience the menopause,  
no two women will  
experience it the same  
way. Your Menopause Bible,  
the complete practical*

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*guide to managing  
menopause, will arm  
readers with the latest  
information on all its  
aspects, so they can make  
informed decisions about  
how much medical*



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*intervention they should seek, and what they can do to withstand, relieve, or eliminate, the mental, emotional, and physical changes associated with this prolonged period.*

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*Rather than being prescriptive, the book aims to provide readers with everything they need to know to formulate and follow their own plans for ensuring they remain*

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*healthy, emotionally  
balanced, and in full  
charge of their mental  
faculties. The book  
contains up-to-the minute  
guidelines on HRT and  
natural alternatives,*

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*recommended dietary changes, exercise routines, and strategies for safeguarding sexuality, intellectual ability, and physical prowess.*

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*The Complete Beauty Bible  
Revised and Updated  
Edition*

*The Bible Cure for  
Allergies*

*Devotions for the  
Temporarily Insane:*

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*Otherwise Known As the  
Menopausal Woman  
Making Informed Choices*

*An illustrated  
comprehensive handbook  
designed to help all women*

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*copied with the physical,  
mental and emotional  
challenges of menopause --  
whether they are choosing  
a drug-free transition or  
medical intervention.  
For Sanity's Sake is a*

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*365-day survival guide for women experiencing moderate to severe symptoms of perimenopause. Anxiety, fuzzy-brain, fatigue, and headaches are only some of the symptoms*



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*plaguing menopausal women.  
With such menacing  
symptoms, concentration on  
long, drawn out Bible  
Studies is often  
impossible. Many women  
feel guilty and often*

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*force themselves to muddle through, gaining nothing but frustration from the experience. Each devotion is designed to help women cope spiritually and emotionally with daily*

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*hormonal fluctuations and distractions. Women struggling with severe hormonal imbalances often struggle with deciphering the right or wrong of their emotions. Even when*

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*they know the right or  
wrong, their extreme  
emotional state makes it  
difficult to always choose  
God's way Everything women  
need to persevere through  
menopause is provided*

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*through the power of the  
Holy Spirit, and it is  
imperative that women  
learn how to launch a  
counter attack against  
their fleshly emotions.*

*“Perimenopause and*

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*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*

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*menopause specialist,  
developer of My Menopause  
Doctor Discover new,  
effective remedies for  
menopause and  
perimenopause symptoms  
(migraines, hot flashes,*

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*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*



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*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*

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*Obama revealing their  
struggles for the first  
time on the internet,  
personal trainer Amanda  
Thebe shares the roadmap  
she uses to thrive during  
perimenopause and*

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*menopause in*

*Menopocalypse. With funny,  
bold, and big-hearted  
writing that will be  
familiar to readers of  
Glennon Doyle, Amanda  
Thebe shares her menopause*

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*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*

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*and your overall health;  
Confidence to speak your  
truth about your menopause  
symptoms to your doctor,  
other health  
professionals, your  
family, and friends;*

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*Advice for achieving  
optimal health during  
perimenopause and  
menopause by changing your  
diet, fitness routine, and  
more lifestyle factors.*

*Amanda Thebe was working*

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*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*

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*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*



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*failed doctor's  
appointments, Thebe saw  
her gynaecologist, who  
finally named the source  
of her struggles:  
perimenopause, the period  
of 5-10 years before*

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*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*

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*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*

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*migraines, hot flashes,  
weight gain, exhaustion,  
poor sleep, vaginal  
dryness, and mood  
swings—offering tips that  
have worked for her and  
others. She shares*

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*information about hormone therapy. She even shares her own strength-training routine, complete with a suggested workout schedule, easy-to-follow instructions, and pictures*

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*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*

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*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*

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*thriving—during  
menopocalypse.*

*Under the guidance of a  
leading gynaecologist, a  
team of experts in  
gynaecology, psychology,  
sexuality, nutrition and*



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*exercise has contributed to this comprehensive guide. Everything women need to know to formulate and follow their own plans for ensuring they remain healthy, emotionally*

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*balanced and in full  
charge of their mental  
faculties during this  
critical period is  
detailed in a readily  
graspable way in this  
handsomely illustrated*

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*guide. Subjects include  
guidelines on hormone  
therapy and natural  
alternatives, recommended  
dietary changes, exercise  
routines and strategies  
for safeguarding*

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*sexuality, intellectual  
ability and physical  
prowess.*

*Cruising Through Menopause  
with Attitude and Style  
Menopause - The Answers  
The Complete Guide for*

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Natural Progesterone*

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

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*benefits*

*Keto Diet 50*

**Invitation to Holistic  
Health: A Guide to  
Living a Balanced Life  
provides solid  
principles and proven**

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**measures to promote  
optimal health and well-  
being using a holistic  
approach. Divided into  
three parts:  
Strengthening Your Inner  
Resources, Developing**

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**Health Lifestyle  
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the Mind, Body, and  
Spirit, this easy-to-  
read guide it provides  
how-to information when**



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**dealing with a variety  
of health-related issues  
that includes, but is  
not limited to,  
nutrition, exercise,  
herbal remedies, and  
homeopathic remedies.**

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**The Second Edition** as  
been completely revised  
and includes current  
research on the  
effectiveness and safety  
of herbs and other  
complementary and

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**alternative medicine  
therapies. The chapter  
on Menopause has been  
updated to reflect  
current thinking about  
the safe use of estrogen  
replacement, soy**

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**products, and other  
approaches to manage  
symptoms and new  
suggested readings and  
resources have been  
provided for further  
exploration into topics.**

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symptoms such as weight  
gain, mood swings, and  
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**source.**

***Mayo Clinic The  
Menopause Solution is  
the definitive guide to  
making your life change  
a positive one. Drawing***

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on the latest  
information, leading  
women's health expert  
Dr. Stephanie Faubion  
covers common questions,  
lifestyle strategies,  
and treatment options.**

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## **Features include:**

- **A complete look at what happens to your body before, during, and after**

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**menopause.**

- **Up-to-date information on over-the-counter medications, nutritional supplements, and**

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- hormone therapy**
- **Sidebars, lists,  
and summaries to  
make finding  
information a  
cinch**

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**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**

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**what to expect in  
midlife and beyond.  
You'll find accurate  
information on  
perimenopause, premature  
menopause, menopause  
symptoms, long-term**

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**effects of estrogen  
loss, and a wide variety  
of therapies to enhance  
health.**

**Professional,  
accessible, and**

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**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**

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**care from your doctor.**

**Dr. Christiane  
Northrup's #1 New York  
Times bestseller The  
Wisdom of Menopause has  
inspired more than a  
million women with a**



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**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**

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**collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices**

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**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**

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her life. Now completely

revised, this  
groundbreaking classic  
draws on the current  
research and medical  
advances in women's  
health, and includes: •

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**a new section on sex  
after 50—and how, if  
need be, you can  
rejuvenate your sex  
life; • updated  
mammogram guidelines—and  
how thermography**

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**improves breast health;**  
**• the latest on the**  
**glycemic index, optimal**  
**blood sugar levels, and**  
**ways to prevent**  
**diabetes; • dietary**  
**guidelines revealing**

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**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**

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**it's critical to your well-being; • a vital program for ensuring pelvic health during and after menopause; • strategies to combat osteoporosis and**



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**strengthen bones for  
life. With this trusted  
resource, Dr. Christiane  
Northrup shows that  
women can make menopause  
a time of personal  
empowerment—emerging**

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**wiser, healthier, and  
stronger in both mind  
and body than ever  
before.**

**Examines the scientific  
evidence for and against  
hormone therapy for**

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**women past menopause,  
reviews the alternatives  
to it, and discusses its  
risks and limitations.**

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Facts and Feminism by  
Jen Gunter**

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**Synopsis of the  
Menopause Manifesto  
The Complete Guide to  
Understanding Your Body,  
Being a Great Lover, and  
Getting the Pleasure You**

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Menopause  
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AUTHOR OF THE SEVEN  
PILLARS OF HEALTH AND I CAN  
DO THIS DIET** This practical,  
informative booklet will expose the  
many nutritional, environmental and  
other underlying causes of

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allergies. Dr. Colbert presents insights from some of the top medical researchers in the world on allergy

More women than ever are discovering the unique benefits of running -- for stress relief, weight

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management, endurance, and self-esteem. Women's bodies are not the same as men's, and though we can train just as hard and with the same passion for excellence, we have certain special concerns. Finally, there is a



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comprehensive guide exclusively for women who experience the pure joy of running, or want to. It's the simplest, fastest, most accessible way to fitness and good health known to woman. You don't need a partner, equipment, or even much

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time. Now, Claire Kowalchik, former managing editor of Runner's World magazine, answers every question about the overwhelmingly popular activity that builds endurance, melts fat, and even prevents illness. In this total running book for women,

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from sports bras to running shoes  
How to prepare for everything from  
a 5K to a marathon Authoritative  
and friendly, The Complete Book of  
Running for Women is a  
sourcebook for both beginners and  
long-time runners. Along with

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wisdom drawn from the author's personal experience, you'll find advice from the experts: coaches, exercise physiologists, nutritionists, doctors, and other women runners. Including question-and-answer sections and a complete list of

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resources, The Complete Book of Running for Women tells you everything you need to know to be off and running toward better health and richer living.

Get a handle on changes in your body Every woman goes through

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menopause. This handy pocket guide demystifies what's going on and explains how to relieve symptoms, offering up-to-date advice on hormone and non-hormone therapies. It's just what you need to feel great and stay

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healthy. Discover how to Deal with  
symptoms like hot flashes Decide  
about hormone therapy Explore non-  
hormone alternatives Stay active, fit,  
and healthy

Find Yourself Again with a Natural  
Approach to a Natural Transition



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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

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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

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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

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not just a good life, but a life that 's  
better than ever.

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

The Natural Health Bible for  
Women

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The Silent Passage

The Complete Guide to Menopause

"Coping With Menopause", "Top  
Alternative Therapies", Plus

"Frequent Questions & Answers"

Invitation to Holistic Health

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Menopause is not a  
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**women who want to embrace all the possibilities offered by this change, including vibrant health, a sense of humor, a renewed sense of purpose, and the best sex of your life.”—Christiane Northrup,**

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bestselling author of The  
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pop icon and outspoken  
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Mathews refused to move  
quietly into this stage of***

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***midlife. Rejecting the idea that we should live in fear, suffer silently, or medicate ourselves unnecessarily through this natural hormonal shift, Mathews set out to get answers and advice from the***

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*medical establishment,  
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many friends in the midst of  
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symptoms (There are officially  
thirty-four possible symptoms;  
Mathews has personally dealt***

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girlfriend-to-girlfriend advice  
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absurd) beliefs: MYTH 1: Menopause

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is an illness: Certainly not! Menopause is a natural phase in life that affects ALL women in their 40s and 50s, not an illness or disease. MYTH 2: Menopause is the end of a woman's productive life: This is completely false! Actually, a large percentage of

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the 50 million North American women currently facing menopause and post-menopause are active, productive workers. MYTH 3: Menopause means "the end is near": Totally wrong! According to the U. S. Census, average female life expectancy is presently

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around 80, with many women living in their 80s and 90s. Therefore, when women reach menopause, they often still have several decades of life ahead of them.

Menopause is a dramatic but largely overlooked developmental window to

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the second half of life. Although today's women are more aware of and actively involved in mapping their menopausal journey than generations before, many still do not see menopause as a time of important psychological and spiritual transformation. This book



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goes far beyond hot flashes and gets to the very heart of the midlife journey, helping women find their unique voice and speak their truth in an era of #MeToo and #ChurchToo. Coming alongside readers as a wise spiritual guide, pastor and theologian Cheryl

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Bridges Johns identifies seven key developmental "tasks" of menopause and gives practical ways women can embrace each one. She encourages women to view these tasks as gifts as they experience the remarkable physical, emotional, and spiritual

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transformation that occurs in this stage of life. Written in a warm and conversational tone, this book helps women chart a course for the future, leading them to a renewed sense of identity, a more focused vision for life, and a deeper spirituality. Each chapter

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includes guided questions for personal reflection and study questions for group discussion.

The critics raved: "Dr. Spock for aging women...extremely well researched and presents cutting-edge science in a readable and comprehensive way. An

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excellent reference."—The North  
American Menopause Society.

“Sympathetic, very readable,  
comprehensive...I highly recommend  
this excellent guide.”—Isaac Schiff,  
M.D., Harvard Medical School.

“Required reading for women wanting

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to maximize the second halves of their lives."—Wulf H. Utian, M.D., Ph.D., founder and executive director, The North American Menopause Society.

"Bravo! This book should be a birthday gift for every 40-year-old (actually, probably earlier)." — Barb Malat,

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CPNP, PA-C, co-chair, Menopause and  
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Association of Reproductive Health  
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experiencing menopause. Completely revised and updated with a compelling, authoritative new look, the latest medical findings and advice, and a straightforward new title, The Menopause Book incorporates the most cutting-edge research on hormones and



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hormone therapy; hot flashes; heart disease and stroke; breast cancer in older women; and the subtle symptoms of ovarian cancer. It also discusses new findings on why it's hard for menopausal women to lose weight; osteoporosis and estrogen; the interplay

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between migraines and hormones; panic attacks; and more. Of all the books on the market, this is the soundest—based on science, the material is vetted by top authorities in the field, the facts are up to date, the writing engaging, the tone upbeat. It's the essential guide for every

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