

# The New Menopause Book The Experts Help You Make

**Menopause** National Institute on Aging.1975

*Making Sense of Menopause* Faye Kitchener Cone,Faye Cone.1993-10-25 A personal and candid look at the change of life which combines the most up-to-date medical information with the real-life experiences of dozens of women. Common problems and treatments, including the risks and benefits of hormone replacement therapy and other remedies, are discussed in detail.

*Preparing for the Perimenopause and Menopause* Dr Louise Newson.2021-08-26 \*\*\* #1 SUNDAY TIMES BESTSELLER \*\*\* 'Immensely helpful...a tome of medical knowledge. I'm mildly obsessed by Louise Newson. Buy the book!' Davina McCall 'What a brilliant, helpful and straight-forward guide to menopause. I wish I could have had it when I first had symptoms, it would have made a huge difference to me' Louise Minchin 'This book is indispensable. Keep it by your bedside. It will transform your life. Dr Louise is a miracle worker' Lorraine Kelly Take charge of your menopause and feel great Dr Louise Newson is the UK's leading menopause specialist, and she's determined to help women thrive during the menopause. Despite being something that almost every woman will experience at some point in their lives, misdiagnosis, misinformation and stigma are commonplace. In *Preparing for the Perimenopause and Menopause*, Dr Newson will demystify the menopause and show why every woman should be perimenopause aware, regardless of their age. Drawing on new research and empowering patient stories from a diverse range of women who have struggled to secure adequate treatment and correct diagnosis, Dr Newson will equip you with expert advice on: · Common and 'taboo' symptoms to look out for · HRT treatment options · Going through an early menopause · Getting a good night sleep · Optimising your nutrition in the menopause · Exercising for a better menopause · Your mental health during the menopause Dr Newson empowers women to confidently take charge of their health and their changing bodies. It's never too early to learn about the perimenopause or menopause and this essential book will equip you with everything you need to know. \*\*\*\*\* Dr Louise Newson is donating 10% of all royalties she receives for the book to The Menopause Charity. Part of the Penguin Life Experts series.

**Recipes for a Better Menopause** Dr Federica Amati,Jane Baxter.2023-10-05 'Your diet during the menopause is the most important choice you make, so read this book.' Tim Spector 'Nutrition is a hugely important part of menopause. Backed by science, this book has delicious ways of supporting our bodies when we really need it.' Davina McCall 'What an incredible book, full of brilliant recipes from Jane.' Angela Hartnett 'Fabulously informative with exceptionally good recipes. A great addition to the menopause cause.' Liz Earle MBE With ground-breaking scientific research from nutrition expert Dr Federica Amati and super-tasty, nourishing recipes from award-winning chef, Jane Baxter, *Recipes for a Better Menopause* will help you harness the power of food to optimise your health. Featuring Mediterranean-style dishes, from satisfying dinners to indulgent treats, the recipes are packed with nutrients, protein and essential vitamins to give your body the goodness it needs to thrive. Whether you want to combat sleeplessness, hot flushes and brain fog, or you simply want to feel better, physically and mentally, *Recipes for a Better Menopause* will give you the tools you need to transform your health.

*The Menopause Manifesto* Jen Gunter.2021-05-25 Jen Gunter brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective and expert advice

**The Menopause Makeover** Staness Jonekos.2010-02-01 Hot flashes and sleepless nights? Feeling anxious and irritable? Feel like you're losing your mind? Frustrated with weight gain? It's time for a makeover—a menopause makeover! Staness Jonekos knows all too well how you feel. Leading up to her wedding day at the age of forty-seven, she was sporting a not-so-sexy belly bulge, suffering from hot flashes and feeling in no mood for a honeymoon. Jonekos took drastic action and created the first-ever menopause makeover to get back into that little white dress and feel sexy again in just twelve weeks. Now she joins forces with leading menopause expert Dr. Wendy Klein to give you the relief you need, fast! 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

*Your Hormone Doctor* Leah Hardy,Susie Rogers,Dr Daniel Sister.2014-05-08 Your Hormone Doctor will revolutionise the way you think about ageing. IF YOU ARE A WOMAN, LIVE WITH A WOMAN OR KNOW A WOMAN, THIS BOOK WILL BE YOUR NEW BEST FRIEND. Your hormones influence everything from your mood to your concentration, how well you sleep, the size of your waistline and how young you look. It's time to stop hor-moaning and arm yourself with the facts. This is an informative, fun and comprehensive guide to making easy and enjoyable changes to the way you eat, exercise and think. This book will help you to: • reverse the ageing process naturally • become sexier and slimmer and have more energy as you get older • melt mid-life fat with a fast new diet and exercise plan • de-stress and sleep better • re-ignite your sex life and boost your memory • cope with the menopause and hot flushes • find whether HRT or bio-identical hormones are right for you • learn why your chronological age has never mattered less Leah Hardy is a well-known health and beauty journalist and an expert in anti-ageing. Susie Rogers is owner and founder of the BeautyWorksWest spa and clinic in London and a trained Pilates teacher. Dr Daniel Sister is a world-renowned expert in women's hormones and anti-ageing therapies.

**The New Menopause Book** Mary Tagliaferri,Isaac Cohen (O.M.D.),Debu Tripathy.2006 Three experts give advice on HRT, natural hormone therapy, herbal therapies, traditional Chinese medicine, and more.

**MeNoPause: Awaken and Empower Your Self with Individualized Bio-Identical Hormone Replacement** M. E. Quigley.2015-04-10 What do you know about menopause? Does estrogen really cause breast cancer? Why do women need testosterone? One of the world's leading experts on menopause and andropause, the so-called male menopause, helps you to understand what really happens when you go through the change and why hormone replacement therapy isn't an issue that can be solved with a single dose of a single pill. Dr. M.E. Ted Quigley outlines his Quigley Method of individualized doses of bio-identical hormones, and shows you how by using a simple daily calendar, you can literally change your life. A must read for all women (and men, too), this breakthrough new way of looking at menopause and andropause is especially important for men and women of all ages.Dr. Quigley is a pioneer in women's medicine, revolutionizing the use of estrogen and testosterone in the treatment of Pre-Menstrual Syndrome, perimenopause, menopause, and postpartum depression; as well as the use of testosterone for andropause. *MeNoPause-Awaken and Empower yourSelf*, describes the unique and proven method of bio-identical (natural, plant-based) hormone replacement therapy that has clearly been shown in many thousands of women to counter the negative physical, emotional, and cognitive symptoms of menopause safely and effectively. His approach has been carefully developed over 35 years by medical research and clinical practice, through listening to his patients and making adjustments based on their feedback. Dr. Quigley explains why one single study is responsible for the unfortunate misconception that estrogen causes breast cancer. The results of this study were misrepresented, over-publicized and then widely accepted as absolute fact. The latest research shows ESTROGEN DOES NOT INCREASE the risk of breast cancer, and more importantly, taken at the right time and for the right reason, estrogen protects against heart attacks (the #1 killer of post-menopausal women). Why is that so important? Five times as many post-menopausal women die from heart attack than from breast cancer. ESTROGEN IS SAFE!What is the real risk-and what is the real benefit-of hormone replacement therapy? Dr. Quigley explains exactly what the latest research says and why you need to understand this research, guiding you to make the right decision as to whether hormone replacement therapy is right for you now. This book

reveals how balancing your individualized dosage of non-oral, bio-identical estrogen and testosterone can help you restore your quality and length of life, but most importantly, your sense of self. This book, *MeNoPause-Awaken and Empower yourSelf*, gives you hope that there is a safe way of reversing your symptoms of low estrogen and testosterone hormones. Dr. Quigley encourages you to trust your inner knowingness-your women's intuition-and to follow that into Wellness, Oneness, and Wholeness-or what he calls the WOW factor.

Natural Menopause .2021-03-04 Understand the menopause with all its changes and challenges and choose practices and treatments, brought to you by a team of experts, to make this next stage in your wellness journey healthy and positive. Find the right combination of resources for you - to stay physically, mentally, and spiritually well throughout the menopause. Your journey is unique. This insightful e-book will help you find the right combination of resources that work for you. It includes: - Specialist expert writers for each section of the e-book - HRT, Natural Remedies, Exercise, Nutrition and Mental Wellness - Practical strategies on how to manage menopause naturally and make it a more positive, empowering experience - Symptom Finder in the introductory pages to help direct you to the correct section in the e-book Coping with menopause can be tough, draining and sometimes utterly debilitating for women. For years it has been seen as an illness that needed to be cured. Natural Menopause takes a different approach. Throughout the pages of this calm, authoritative, beautiful reference book, you'll be able to learn about the natural process of menopause. Explore an extensive collection of natural menopause remedies and complements to hormone replacement therapy. Adopt yoga poses to reduce stress and help you sleep. Use essential oils to manage mood swings and soothe headaches. Discover detoxifying foods that aid weight management and regulate hormones. Find the best exercises to boost your mood and energy levels. Finally, use CBT and mindfulness to relieve anxiety and calm hot flushes. Embrace the Change Filled with a wealth of invaluable information, this book will help you stay physically, mentally, and spiritually well throughout your menopause journey. It's perfect for women over 40 who are already invested in natural wellness and want to apply the same principles to their menopause.

Menopause Confidential Tara Allmen, M.D..2016-09-20 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.

**See ya later, Ovulator!: Mastering Menopause with Nutrition, Hormones, and Self-Advocacy** Esther Blum, MS, RD, CDN, CNS.2022-09-28 See ya later, Ovulator! delivers the great news that, yes, you can master your menopause with nutrition, hormones, gut health, and self-advocacy. Esther Blum, an Integrative Dietitian and Menopause Expert, guides you through menopause with her empowering and strategic roadmap. Esther reveals the practice tools she uses with her own clients to help you balance your hormones, fix your gut, and feel confident in your body again. You'll discover the importance of: ● Targeted testing for hormones and gut health ● An approachable eating plan ● Supplement recommendations ● Hormone replacement therapy ● Self-advocacy through menopause In easy-to-understand language, Esther will provide you with the tools you'll need to eliminate hot flashes, insomnia, vaginal dryness, uncomfortable bloating, and more. It's time to make menopause your b\*tch and Esther is here to show you how to do it right! Packed with cutting-edge research and the answers to all your questions, this informative and enlightening book is your key to moving through menopause with confidence, agency, and direction!

**Hot and Bothered** Jancee Dunn.2023-05-02 "Hot and Bothered removes the shame, disdain, and mystery that's surrounded menopause....An informative, entertaining and desperately needed book." —Jen Sincero, author of *You Are a Badass* When Jancee Dunn hit her mid-forties, she was bombarded by seemingly random symptoms: rampant insomnia, spring-loaded nerves, weirdly dry mouth, and Rio Grande-level periods. After going to multiple doctors who ran test after fruitless test, she was surprised to finally discover the culprit—perimenopause. For more than two decades, Jancee had been reporting on mental and physical health. So if she was unprepared for this, what about all the women who don't write about health for a living? *Hot and Bothered* is the book she wishes existed as she was scrambling for information: an empowering, research-based guide on how women can tackle this new stage of life. Menopause isn't a disease, but a natural, normal life transition. Why, then, are we still speaking in whispers about something that affects half the earth's population? Through in-depth interviews with renowned menopause experts and trusted authorities, Dunn peels back the layers on this still-mystifying topic with her trademark humor and unpacks the science on both hormonal and nonhormonal treatments. She provides actionable ways to improve sleep, sex, moods, mental clarity, and skin; details the latest treatments for hot flashes; and explores the best practices to stop "peezing" (that would be peeing when you sneeze, thanks to your new urinary issues). Dunn's clear, easy-to-follow advice will help you reclaim yourself—and fully embrace life's next chapter.

*The New Hot* Meg Mathews.2021-01-12 "A sassy, accurate, and enormously helpful romp through the midlife transition known as menopause . . . I highly recommend it to all 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, MD, #1 New York Times bestselling author of *The Wisdom of Menopause* Brit-pop icon and outspoken menopause ambassador Meg Mathews refused to move quietly into this stage of 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 medical establishment, alternative therapists, and her many friends in the midst of "the change." When she launched the *Megs Menopause* website, it quickly became the trending online destination for pre- and menopausal women all over the world. *The New Hot* is her no-holds-barred guide to menopause, designed to empower and entertain in equal measure, including: • The latest information about hormone therapy and bioidentical hormone therapy • Her best tips and techniques for coping with menopausal symptoms (There are officially thirty-four possible symptoms; Mathews has personally dealt with thirty-two!) • Dishy, girlfriend-to-girlfriend advice about what to really expect when you're aging Honest, stylish, and informative, *The New Hot* will help you take on menopause—and keep you sense of self, style, and humor intact.

**Preparing for the Perimenopause and Menopause** Dr. Louise Newson.2022-01-25 \*\*\* #1 SUNDAY TIMES BESTSELLER \*\*\* 'Immensely helpful...a tome of medical knowledge. I'm mildly obsessed by Louise Newson. Buy the book!' Davina McCall 'What a brilliant, helpful and straight-forward guide to menopause. I wish I could have had it when I first had symptoms, it would have made a huge difference to me' Louise Minchin 'This book is indispensable. Keep it by your bedside. It will transform your life. Dr Louise is a miracle worker' Lorraine Kelly Take charge of your menopause and feel great Dr Louise Newson is the UK's leading menopause specialist, and she's determined to help women thrive during the menopause. Despite being something that almost every woman will experience at some point in their lives, misdiagnosis, misinformation and stigma are commonplace. In *Preparing for the Perimenopause and Menopause*, Dr Newson will demystify the menopause and show why every woman should be perimenopause aware, regardless of their age. Drawing on new research and empowering patient stories from a diverse range of women who have struggled to secure adequate treatment and correct diagnosis, Dr Newson will equip you with expert advice on: · Common and 'taboo' symptoms to look out for · HRT treatment options · Going through an early menopause · Getting a good night sleep · Optimising your nutrition in the menopause · Exercising for a better menopause · Your mental health during the menopause Dr Newson empowers women to confidently take charge of their health and their changing bodies. It's never too early to learn about the perimenopause or menopause and this essential

book will equip you with everything you need to know. \*\*\*\*\* Dr Louise Newson is donating 10% of all royalties she receives for the book to The Menopause Charity. Part of the Penguin Life Experts series.

**This Changes Everything** Niki Bezzant.2022-01-05 A new and demographically significant generation of women as young as 35 is facing perimenopause and menopause – but not like our mothers or grandmothers did. We are hungry for information and keen to talk candidly about everything: sex, mental health, self-image, alcohol, how menopause affects our stressful working lives, relationships, fertility and families – and what we can do about it. Author Niki Bezzant has more than 20 years' experience writing and speaking about health and nutrition. In this book, she shares all the latest research and advice, giving readers real information they can use on everything from recognizing and understanding common symptoms like mood changes, weight gain, low libido, erratic and heavy periods, hot flushes and insomnia, to managing mental health, sexuality and relationships, exercise and nutrition tips. She explains which natural and medical treatments actually work and how to get the best help, with a healthy side-serve of humour, calling out sexism, snake-oil and bullshit along the way. This Changes Everything includes menopause stories from well-known NZ women including Robyn Malcolm, Carol Hirschfeld and Michele A'Court, plus real talk from hundreds of NZ women, based on the author's wide-ranging online survey and expert information from menopause specialists and doctors, to answer the questions women most want answered. This is a must-have guide to perimenopause, menopause, midlife and beyond for every woman – the symptoms, the solutions and the stuff that really works. Topics covered include: What's happening to me? When menopause happens early Hormones 101 HRT, MHT and other treatments Hot flushes, night sweats, weight gain, migraines, memory and other physical symptoms Anxiety, panic attacks, self-image and other psychological symptoms Sex, libido and relationships Health after the menopause Diet and nutrition Exercise Sleep Bloating and gut health Lifestyle changes Menopause for men: a cheat sheet Taking back the power: a menopause action plan And much more.

**Menopause For Dummies** Dr. Sarah Brewer, Dr. Marcia L. Jones, Dr. Theresa Eichenwald.2011-02-15 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 an 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.

*Good Housekeeping* .2006

**The M Word** Ginni Mansberg.2020-01-07 A handbook for understanding, embracing and (even) enjoying the rite of passage that is peri-menopause and menopause; outlines the experience, the medical science, treatment options and home remedies; written by a practicing GP and media doctor who has just turned 50 herself. Night sweats, hot flushes, anxiety, insomnia, exhaustion, itchy skin, low libido, painful sex ... Any of these sound familiar? Ninety per cent of women experience these symptoms some time between the ages of 40 and 60, but shhhhhh ... just suck it up, princess. And nobody mention the M word. Menopause and perimenopause (the hormonal rollercoaster years leading up to a woman's last period) are among our last taboo subjects. Hormone Replacement Therapy (HRT) - once widely prescribed as the magical secret of youth - has been shunned by women and their doctors for two decades. Dr Ginni Mansberg, one of Australia's most trusted health and wellbeing experts, is here to work through the evidence and bust the taboos out of the water. The M Word is all about you and your choices. Are you being offered the best solutions for your menopause issues? Because there are great solutions to help you thrive in this new stage of life. What happens to your body once key hormones begin to diminish? What are the pros and cons of HRT? Which home remedies are worth a shot, and which are snake oil? Plus, how can you shift that menopause weight gain, what's best for your changing skin, how can you exercise your brain (move over, Sudoku) and why are you so bloody itchy all the time? All of this and more is delivered with Dr Ginni's no-nonsense humour and backed up with evidence-based facts and personal anecdotes to help women make informed choices.

**The Perimenopause Solution** Shahzadi Harper, Emma Bardwell.2021-07-22 You are not going mad - it's your hormones! The perimenopause (the time leading up to the menopause) is often misunderstood. For some women, it lasts a few months; for others it consumes the best part of a decade. This transitional period can be a time of emotional turmoil, shifting priorities and physical changes: from hot flushes, insomnia, low mood and anxiety, to itchy skin, thinning hair, weight gain and loss of libido . . . to name just a few! Millions of women in their thirties and forties go through this without even realising they are perimenopausal. It's time they take back control. In *The Perimenopause Solution*, Dr Shahzadi Harper, a medical doctor specialising in women's health and Emma Bardwell, a registered nutritionist, provide a blueprint to help women find a new balance in this important phase of their lives, so they can be prepared, not scared. Akin to getting two expert consultations in one, this holistic and accessible guide combines practical, no-nonsense information on the physical and mental changes to expect, with powerful advice on managing symptoms and nutrition, as what you eat during the perimenopause can dramatically affect your experience of it. Expert-led and forward-thinking in its approach, *The Perimenopause Solution* will not just help you survive the journey towards the menopause - it will let you thrive.

*Living Well Through The Menopause* Myra Hunter, Melanie Smith.2021-02-04 An essential book to help women to live well through the menopause and to cope effectively with menopausal symptoms, using a cognitive behavioural therapy (CBT) approach. *Living Well Through the Menopause* is based on a wealth of research, including randomised controlled trials of the MENOS intervention with over 1000 women, that has demonstrated the effectiveness of this approach specifically for menopausal symptoms - hot flushes, night sweats and also their impact on daily life. CBT is proven as an effective alternative for women who do not want or are unable to use hormone therapy (HT). Written in an accessible and interactive style, with case examples and quotes, this guide will empower you and, specifically: · Help you to understand and cope with your physical and emotional reactions to the menopause · Clarify your key goals, thoughts and feelings using interactive questions and homework sheets · Enhance your self-care through behaviour change · Help partners and loved ones to support you through the menopause *Living Well* self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Series Editors: Professor Kate Harvey and Emeritus Professor Peter Cooper

**The New Hot** Meg Mathews.2021-01-12 “A sassy, accurate, and enormously helpful romp through the midlife transition known as menopause . . . I highly recommend it to all 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, MD, #1 New York Times bestselling author of *The Wisdom of Menopause* Brit-pop icon and outspoken menopause ambassador Meg Mathews refused to move quietly into this stage of 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 medical establishment, alternative therapists, and her many friends in the midst of “the change.” When she launched the *Megs Menopause* website, it quickly became the trending online destination for pre- and menopausal women all over the world. *The New Hot* is her no-holds-barred guide to menopause, designed to empower and entertain in equal measure, including: • The latest information about hormone therapy and bioidentical hormone therapy • Her best tips and techniques for coping with menopausal symptoms (There are officially thirty-four possible symptoms; Mathews has personally dealt with thirty-two!) • Dishy, girlfriend-to-girlfriend advice about what to really expect when you're aging Honest, stylish, and informative, *The New Hot* will help you take on menopause—and keep you sense of self, style, and humor intact.

*Understanding Menopause* Karen Ballard.2003-07-01 A clear, balanced, and up-to-date guide to dealing with issues arising from the menopause - it couldn't have come at a better time. —Dr Mark Porter, Practising GP, well known Writer and Broadcaster As the variety of treatments to alleviate the physical and psychological symptoms of menopause continues to expand, doctors are encouraging women to take an active role in choosing treatment options for themselves. *Understanding Menopause* will help you to make these decisions by providing clear, unbiased information about all aspects of menopause, as well as first-person accounts by



women of their psychological and sociological menopausal experiences. Written by an expert in women's health, this reader-friendly guide bridges the gap between medical knowledge and everyday life to help you cope with the menopause both physically and mentally. Features women's accounts of what the menopause actually feels like Includes the most up-to-date information on the results of the recent high-profile study into the risks of heart disease and stroke amongst women who have taken HRT Written in an easy-to-understand style by an expert on women's health

*Menopause: How Not to Go Bonkers (and What to Do Instead)* Kaz Cooke.2013-03-27 A magical, menopausey tour by Kaz Cooke. What symptoms to look for, how to tackle them, when you still need contraception, and what to wear if hot flushes give you the whim-whams. How to tell if you're approaching, in the middle of, or through menopause, or just putting your fingers in your ears and singing 'la la la la'. With input from experts and quotes from real women, this ebook is based on the 'Menopause' chapter of the bestselling book *Women's Stuff*.

MENOPAUSE MONDAYS Ellen Dolgen,Jack Dolgen.2015-05-01 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 foggiess 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!

All You Need to Know About Menopause Catherine O'Keeffe.2023-02-06 Your symptoms are real. You're not alone. There is help for you and it is here! Everyone's journey through menopause is different, but we all need support through the challenges it brings. Catherine O'Keeffe is on a mission to shatter the taboo around menopause, and has already provided life-changing information to thousands. Drawing from the latest research, Catherine will answer all your questions about: Gaining control of physical, mental and emotional symptoms Assessing the pros and cons of HRT and alternative therapies How to negotiate menopause in the workplace Which supplements are best for you How nutrition and exercise can help From hot flushes to mood swings, weight gain to joint ache, brain fog to depression, Menopause Workplace Consultant Catherine O'Keeffe will help you navigate the different stages, from perimenopause onwards. With Catherine's expert help you will be empowered and informed, and feeling like yourself again!

*The New Menopause* Mary Claire Haver, MD.2024-04-30 Filling a gaping hole in menopause care, everything a woman needs to know to thrive during her hormonal transition and beyond, as well as the tools to help her take charge of her health at this pivotal life stage—by the bestselling author of *The Galveston Diet*. Menopause is inevitable, but suffering through it is not! This is the empowering approach to self-advocacy that pioneering women's health advocate Dr. Mary Claire Haver takes for women in the midst of hormonal change in *The New Menopause*. A comprehensive, authoritative book of science-backed information and lived experience, it covers every woman's needs: From changes in your appearance and sleep patterns to neurological, musculoskeletal, psychological, and sexual issues, a comprehensive A to Z toolkit of science-backed options for coping with symptoms. What to do to mediate the risks associated with your body's natural drop in estrogen production, including for diabetes, dementia, Alzheimer's, osteoporosis, cardiovascular disease, and weight gain. How to advocate and prepare for annual midlife wellness visits, including questions for your doctor and how to insist on whole life care. The very latest research on the benefits and side effects of hormone replacement therapy. Arming women with the power to secure vibrant health and well-being for the rest of their lives, *The New Menopause* is sure to become the bible of midlife wellness for present and future generations.

Dr. Susan Love's Menopause and Hormone Book Susan M. Love, MD,Karen Lindsey.2003-01-21 In the first edition of this important bestselling book, praised by *Newsday* as "the bible for a whole generation of menopausal women," renowned physician and pioneering women's health advocate Dr. Susan Love warned about the potential dangers of the long-term prescription of hormone replacement therapy. Her insightful words of caution have been backed up by the stunning results of the recent studies on hormone replacement. In this revised edition, Dr. Love offers a remarkably clear set of guidelines as to what the studies have shown about the risks regarding heart disease, breast cancer, stroke, and other conditions, and what effect hormone therapy has on osteoporosis. She offers definitive expert advice about whether or not to go on hormone replacement therapy and, if so, for how long, as well as how to taper off hormones; and she introduces the alternative methods for treating the symptoms of menopause. Dr. Love stresses that menopause is not a disease that needs to be cured—it is a natural life stage, and every woman ought to choose her own mix of options for coping with symptoms. A questionnaire about your own health history and life preferences helps you develop a program that will best fit your unique needs. With clarity and compassion, she walks you through every option for both the short and the long term, including: • lifestyle changes (diet, exercise, and stress management) • alternative therapies (including herbs and homeopathic remedies) • available medications other than hormones

*The Definitive Guide to the Perimenopause and Menopause - The Sunday Times bestseller* Dr Louise Newson.2023-03-16 It's time to talk about the menopause openly, to dispel the myths and inform every woman of their choices for this important stage of life. Dr Louise Newson is one of the UK's leading medical experts on the menopause; the doctor who kick started the menopause revolution. Having transformed the lives of hundreds and thousands of women and their families through her work, Dr Louise is determined to help even more women thrive, to debunk myths and break taboos, and to educate everyone - including men - about the menopause. Having worked as a GP as well as opening Newson Health menopause clinic, she has built a wealth of knowledge from first-hand experience of treating perimenopausal and menopausal women. In this definitive guide, Dr Newson lays out everything women need to know to understand and reclaim their power during this stage of life: what to expect, how best to manage symptoms, and what help is available. Drawing upon exclusive new research, hundreds of case studies and Dr Newson's personal experience, *The Definitive Guide to the Perimenopause and Menopause* shares the facts, the science plus a range of medical and lifestyle changes that could help you, including: - The key facts about hormones - The essential guide to HRT - Navigating an early menopause - Exercising and the menopause - Eating for a better menopause - Taking care of your mental health during the menopause - Real case studies from women - Expert views from specialists Julia Samuel, Joe Wicks, Dr Rupy Aujla and many more This essential guide will leave you with a clear understanding of what perimenopause and menopause is, how best to navigate your relationships and career and it will arm you with the knowledge and tools to help you thrive through this vital phase of life.

**Your Perfectly Pampered Menopause** Colette Bouchez.2008-12-30 A fun and fabulous health guide for living well at midlife—no prescription required! Menopause can be a difficult and confusing time—but it doesn't have to be. *Your Perfectly Pampered Menopause* has the answers that make the difference, with a clear-cut plan that shows you how to look and feel better now than ever before. Culling advice from leading medical experts, award-winning reporter Colette Bouchez dispenses the latest news on everything from hot flashes, insomnia, and dysfunctional bleeding to incontinence, bone health, weight control, and more. She explores the latest buzz on HRT, natural hormones, and the newest prescription drugs, as well as the latest in natural and traditional care for a truly comprehensive guide to midlife health. But she also brings you advice from top beauty and lifestyle experts and clues you in on everything from anti-aging skin and hair care to the hottest news in midlife nutrition (including an anti-hot-flash diet!), divine new relaxation techniques, optimal exercise and dieting secrets, and putting the kick back into your sex life! With this complete guide to taking care of yourself now and in the future you'll discover how midlife can be the best time of your life!

*Don't Sweat it* Nicky Pellegrino.2022 Forget the myths and misinformation, respected health writer Nicky Pellegrino has done the work for you in this empowering and honest book. It includes the latest research on

everything from hormone replacement therapy to natural therapies and hot flashes, and the lowdown on how menopause can affect everything from your weight to your memory and sleep, to skyrocketing anxiety levels and your missing libido... In this candid, warm, and witty investigation into the realities of menopause, Nicky shares her own insights into this often-challenging phase of life, and interviews the experts for the latest, credible research on the many options out there to help women make the right choice for themselves. Taking an upbeat approach to managing the change, *Don't Sweat It* will help reshape how women experience menopause and show how life can be even better for it.

*Hot Flashes, Hormones, and Your Health* JoAnn E. Manson, Shari S. Bassuk. 2007-04-10 What you should know about menopausal hormone therapy--from the renowned Harvard doctor who is one of the pioneers conducting the latest research in the field Recent news stories on the safety of menopausal hormone therapy (also known as hormone replacement therapy, or HRT) have raised public awareness and sparked a national debate. Now learn the facts about this controversial treatment for menopause--from the field's go-to expert. *Hot Flashes, Hormones, and Your Health* explains the changes that occur during menopause. It also provides you with state-of-the-art information to help you make informed decisions about hormone therapy and other options for treating symptoms of menopause. The cutting-edge research and advice presented in this book will help you determine whether to start hormone therapy, or, if you are already taking hormones, whether you should continue to do so. This book will help you work more effectively with your health care provider to make the best decisions about your medical care. If you have taken hormones in the past, *Hot Flashes, Hormones, and Your Health* will also be useful in understanding the overall health effects of this treatment. So, if you are debating whether to start, continue, or stop hormone therapy, *Hot Flashes, Hormones, and Your Health* has the answers you need: The latest scientific evidence on the benefits and risks of managing menopause with hormone therapy Expert guidance in determining whether or not hormone therapy is the right choice for you, and, if it is, when to start, when to stop, and what type to use The truth about bioidentical hormones Healthful and effective options for women who cannot-or prefer not to-use hormone therapy

**Hormones and Your Health** Winnifred Cutler. 2009-03-30 Many women are at a loss when it comes to charting their best course through menopause? but you don't have to be Connecting recent scientific evidence among hormones, sexuality, bone and cardiovascular health, memory, surgery, and breast cancer, Dr. Cutler explains how valuable good HRT regimens are to your longevity and general health and how to improve your vitality with diet, exercise, and hormonal and alternative therapies that work. Excellent job reviewing the many issues relating to perimenopause and menopause. . . . Your chapter on fibroids will be very valuable to consumers. The text is easy to follow, the illustrations are beautifully clear, and the references are excellent. ?John J. Sciarra, M.D., Ph.D., past president, International Federation of Gynecology and Obstetrics What impressed me most were the passionate commitment to rigorously conducted research and the clarity with which the results were presented so any intelligent woman can understand them. ?Regula Burki, M.D., FACOG, gynecological surgeon and menopause specialist Dr. Cutler dispassionately reviews and synthesizes the available literature to craft scientifically sound recommendations that can be used to optimize the quality of women's health. ?Elizabeth Genovese, M.D., FACOEM, FAADEP A welcome reference for my patients and others interested in women's health. Readable, informative, and concise. Long overdue. ?Millicent Zacher, D.O., FACOG, Thomas Jefferson University

*Fearless Menopause* Barbara DePree. 2020-03-10 The change explained—an empowering, body-positive approach to menopause If you're one of the 25 million women who are going through menopause each year, you're not alone. *Fearless Menopause* can help guide you through the physical and emotional changes that are a natural part of womanhood in a supportive way. From navigating the four main menopausal stages to explaining the hormonal changes that can affect your mind and body, this essential menopause guide delivers straight talk and practical strategies you can use to manage your health and happiness during this transitional time. Never fear—*Fearless Menopause* is here to explain what to expect during your new normal with kindness, empathy, and compassion. With *Fearless Menopause* you'll find: Inclusive focus—This concise self-care guide is welcoming to all women, no matter your age, background, or body type. Just the facts—Discover how to feel better fast with sourced medical information on menopause and perimenopause symptoms, and proposed treatments like hormone therapy from medical experts. Modern touch—An empowering design reinforces this book's body-positive approach to menopause. Get the knowledge you need to feel your best as you go through menopause with this compassionate guide.

**The Power Decade** Susan Saunders. 2023-04-27 The menopause is a time of change, of unexpected health challenges, of rollercoaster emotions and unprecedented shifts in how we feel physically and emotionally. But we can emerge wiser than before, and stronger than we know. The decade after the average menopause transition, from our 50s to 60s, is the most important for a woman's health. We are ageing in an environment that doesn't nurture midlife women and the reproductive hormones which protected our health for so long have waned. But this is also an opportunity to power ahead, to decide who we are and how we want to live as we face the future. There are huge positives post-menopause: it's time to create the adventures - large and small - we want in our lives. The decisions, and choices, we make now will define how we age. And the foundation for this? Our health, physical and mental. In *The Power Decade*, health coach and age-well advocate Susan Saunders presents a comprehensive guide to wellness for women in their 50s and 60s. She interviews medical experts and reveals stories of inspiring women who are powering up post-menopause. Also included are impactful, practical tips - on mindset, meals and movement - so you can create your own power decade. Susan talks to experts about all areas of a woman's life and looks at: \*What's happening in your body post-menopause \*What is good nutrition post-menopause? \*How to exercise post-menopause \*How to get your mindset on track to create your Power Decade \*How to get motivated for the best possible health

**Women at the Well** Frances Schwabenland; Marielena Zun. 2001-06-13 You've read what the doctors have to say about menopause. You've heard the experts speak about "the change" on TV talk shows. Now it's time to listen to the women themselves. *Women at the Well: The Many Voices of Menopause* is the only book of its kind to provide a voice for women on the printed page. In this compelling book, women share their firsthand stories of what it's like - physically, emotionally and spiritually - to experience perimenopause and menopause. These are the "women at the well" who stand in a united circle to draw the healing waters of wisdom to share with others. And what they tell us is both heart-warming and heart-rending. They want us to know their struggles. They want us to know what has helped them and what hasn't. They want us to know that menopause is a natural biological process and that they are not crazy. Most of all, they want other women to know that they are not alone. Informative and highly readable, these 33 narratives take us into the personal lives of these ordinary and extraordinary women who share their journeys through this critical life passage. They tell us what it's like physically and dispel the myth that all women have hot flashes and mood swings. While some do experience these symptoms, others don't. "One size does not fit all" when it comes to menopause. As Catharine, one of the women in the book, states, "Often I would feel like a chained horse in the starting gate right before the big race. High anxiety would just come over me. Twice I had to ask my husband to leave a restaurant because I became so anxious and just couldn't sit there any longer." Or as Michelle shares, "The memory loss has been the most difficult for me. Downright embarrassing. I would be in the middle of a conversation and forget what I was saying. The night sweats got somewhat better . . . but now they are getting worse again." But even as these women share their physical and emotional struggles, they manage to find hope and laughter, as Dee Adams writes. The creator of the world famous mid-life cartoon, "Minnie Paus," she shares, "The most valuable thing I have is my sense of humor and I hope to share it with as many women as possible. It really does help to laugh at ourselves . . . things DO improve. I promise!" Or as Dr. Larrian Gillespie, author of many books including *The Menopause Diet*, writes, "One day you're feeling fine and the next day you discover a suicide note from your ovaries on the side of a box of Tampax!" As these women open their hearts, we also learn about other mid-life challenges occurring at the same time as menopause - divorce, caring for aging parents, dealing with an empty nest and looking ahead to their own aging and retirement. While ultimately a woman must make her own decision as to treatment to help alleviate symptoms, these women tell us what has worked for them and what hasn't. Not intended as medical advice, these options range from hormone replacement therapy (HRT) to natural herbs and products. For any husband, significant other, family member or co-worker who can't seem to understand the menopausal woman in their

lives, this book will help. Medical and mental health professionals will also gain greater insight about women's menopausal experiences in these accounts. Even more important, perimenopausal and menopausal women - or those women about to enter these stages - will find support and validation in these stories. At this nurturing well of firsthand information and wisdom, they will find hope. There, they will hear the many voices of menopause.

**This Changes Everything** Niki Bezzant.2022-01-05 'This book covers everything. No snake oil, no sugar-coating and, above all, a celebration of the greatest change a woman will go through after puberty. Wish I'd read it at 30, 40 and 50.' Robyn Malcolm In this engaging, easy-to-read book, expert health writer Niki Bezzant shares the latest specialist research and advice along with personal stories from real women to answer the most important questions women have about the hottest of topics. From bodies to mental health, alcohol to our stressful working lives, fertility to relationships, natural remedies to HRT, she dispels the myths and confusion around menopause - with a healthy side-serve of calling out sexism, snake-oil and bullsh\*t along the way - and explains how to get the best help, for you. This is a must-have guide to menopause and beyond - the symptoms, the solutions and the stuff that really works. Includes- when menopause happens early - HRT, MHT and other treatments - periods - hot flushes, night sweats and heart palpitations - weight gain and body changes - migraines - mood changes, anxiety and depression - gut issues - sex, libido and relationships - sleep and insomnia - alcohol - exercise, nutrition and healthy eating - menopause in the workplace - and much more. 'Like striking gold. Enlightening, enriching, empowering. An essential book for a life-changing time.' Sarah Connor, Menopause Over Martinis 'Ever wondered what the f\*ck was going on and what was going to happen next? It's all in here. The answers to the questions you have about the thing we're not supposed to talk about. Real stories, expert advice and a celebration of something that turns out to be so natural and normal that the other half of the human race is going to want to experience menopause, too.' Mich le A'Court, writer and comedian 'This book gives you the knowledge and power to make the right decisions for you. A must-read for any woman over the age of 35.' Dr. Megan Ogilvie, reproductive endocrinologist

**Natural Menopause** Myra Hunter,Sabrina Zeif,Paul Harter.2021-03-02 Your go-to guide to understanding the changes and challenges of menopause Together with a team of experts, this comprehensive handbook will equip you with mindful practices and treatments to help alleviate menopause symptoms in a mindful, positive way, either alongside or without prescription medication. Coping with menopause can be tough, draining, and sometimes utterly debilitating for women. For years it has been seen as an illness that needed to be cured. Natural Menopause takes a different approach. Throughout the pages of this calm, authoritative, beautiful reference book, you'll find that menopause is a normal, natural process that does not need to be over-medicalized. Your journey is unique. This insightful book about menopause will help you find the right combination of resources that work for you. It includes: • Specialist expert writers for each section of the book - HRT, Natural Remedies, Exercise, Nutrition, and Mental Wellness • Practical strategies on how to manage menopause naturally and make it a more positive, empowering experience • A Symptom Finder in the introductory pages to help direct you to the correct section in the book Explore an extensive collection of natural remedies and complements to hormone replacement therapy. Adopt yoga poses to reduce stress and help you sleep. Use essential oils to manage mood swings and soothe headaches. Discover detoxifying foods that aid weight management and regulate hormones. Find the best exercises to boost your mood and energy levels. Finally, use CBT and mindfulness to relieve anxiety and calm hot flashes. Embrace the Change Filled with a wealth of invaluable information, this book will help you stay physically, mentally, and spiritually well throughout your menopause journey. It's perfect for women over 40 who are already invested in natural wellness and want to apply the same principles to their menopause.

**The Menopause Companion** Sasha Davies,Tori Hudson.2023-06-27 An indispensable primer on menopause that reads like advice from a close friend, co-written by a medical doctor and expert in women's health. It's one of the most important, least discussed events that happens for half the population. It's a physiological and psychosocial event, a cultural construct, and a deeply personal experience all woven together in a jumbled knot. It's menopause. But why is there so much mystery surrounding the topic? This accessible and to-the-point guide makes the entire landscape of menopause—not just the physiology—more transparent. If what you need is a level-headed friend to help walk you through the litany of fears to face, questions to ask, and practical decisions to make throughout your transition, this guidebook offers no-nonsense, straightforward, medically backed information about what to expect and what you can do about it. It offers: A refresher course on reproductive system anatomy, life cycle, and physiology—what are hormones, and how do they influence my body? Information on how to recognize and what to do about common symptoms—when should I see a health practitioner and how do I talk to them? Context for the history of menopause medically and culturally—what do scientists actually know and what are the major myths? Advice on how to get ready, notice changes, and call in support—what is available to try in terms of products, tools, medications, holistic support, or self-care practices?

**The Menopause Reset** Mindy Pelz.2023-06-20 Are you struggling through your menopausal years? As if from out of nowhere, you experience symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, and hot flashes. Your weight won't budge, no matter how hard you try. How great would it feel to wake up feeling rested; have a brain that is calm, joyful, and clear; and to finally lose weight in an easy and sustainable way? The good news is that there is a way for you to do all of this and more. Nutrition and functional medicine expert and best-selling author Dr. Mindy Pelz has helped thousands of women just like you reset their health during their turbulent menopausal years. Join Dr. Mindy as she reconnects you to your more vibrant and youthful self. In *The Menopause Reset*, you will learn- What hormone changes cause, symptoms, and proven strategies to fix them The best way to stop your menopause-related memory loss How you can put an end to your symptoms without the use of medications How to unstick your metabolism and finally lose the extra weight How to slow the aging process and keep yourself forever young You don't have to suffer through these years. Join Dr. Mindy as she outlines her transformational Menopausal Reset program, which has helped thousands of women get their lives back. Hope is here!

Unveiling the Magic of Words: A Review of "**The New Menopause Book The Experts Help You Make**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**The New Menopause Book The Experts Help You Make**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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## The New Menopause Book The Experts Help You Make Introduction

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## FAQs About The New Menopause Book The Experts Help You Make Books

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