

Power Of Perimenopause A Womans Guide To Physical And Emotional Health During The Transitional Decade

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[Taking Charge Of Your Perimenopause](#) - Hubert Scicutella 2021-05-08
Menopause is a biological process that every woman goes through. It marks the end of your reproductive years and is considered official once 12 months have passed since the end of your last menstrual cycle. You've hit the wall with migraines, moodiness, and spiraling into depression because you no longer feel like yourself? No longer feeling sexy or wanted, tired of fighting with your spouse? This book will guide you through a whole-body approach to supporting your hormones

Unbound - Kasia Urbaniak 2021-03-09

The ultimate guide to owning your power--and mastering how to use it. How can so many women feel "good and mad" yet still reluctant to speak up in a meeting or difficult conversation? Why do women often feel like they're too much--and, at the same time, not enough? What causes us, at the most critical moments in our lives, to freeze? Kasia Urbaniak teaches power to women--and her answers to these questions may surprise you. Based on insights from her experiences as a dominatrix, her training to become a Taoist nun, and the countless women she has taught to expand their influence, this book offers precise, practical instruction in how to stand in your power, find your voice, and use it well. Learn how to:

Embrace your desires as the pathway to your destiny. Ask for--and get--what you need in your life, work, and in the bedroom. Skillfully navigate hearing "no" and any resistance, even your own. Flip power dynamics when someone crosses your boundaries and puts you on the spot. Create new and expanded roles for the people in your life with precise, targeted asks. Whether you're getting crystal clear on exactly what you want, or turning the tables on a man who has shut you up and shut you down, Urbaniak's methods teach women to stand for themselves in every interaction. Part manual, part manifesto, part behind the scenes look, Unbound is a how-to guide to the impossible, the outrageous, the unimaginable--a field guide to living your wildest, best, and most satisfying life.

The Wisdom of Menopause (4th Edition) - Christiane Northrup 2021-05-11

"The Wisdom of Menopause offers an honest look at the menopausal transition. . . . If you are looking for realistic, positive, and constructive solutions to the inevitable challenges of life, then look no further—you have found your sourcebook." —The North American Menopause Society A #1 New York Times bestseller when first published, this

groundbreaking book has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Christiane Northrup explains, the “change” is not simply a collection of physical symptoms to be “fixed,” but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. In this fully revised and updated fourth edition, Dr. Northrup draws on the current research and medical advances in women’s health, including · up-to-date information on hormone testing and hormone therapy · a completely new take on losing weight and training your mind to release extra pounds · new insights on the relationship between thyroid function, Hashimoto’s disease, and Epstein-Barr virus, with a new program for healing thyroid issues · all you need to know about perimenopause and why it’s critical to your well-being · the latest on new, less invasive and more effective fibroid treatments · information on which supplements are better than Botox for keeping your skin looking youthful · additional advice on dealing with pelvic health issues, including pelvic prolapse With this trusted resource, Dr. Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

The Magic of Menopause - Lorraine Miano 2016-05-25

Upon discovering she was about to be a grandmother, just as menopause and a hysterectomy were at her doorstep, Lorraine Miano decided she needed to turn her healthy lifestyle habits up a notch. She was not going to be a has-been--she was determined to be a will-be! In her book, *The Magic of Menopause*, Lorraine walks you through what it takes to make lifestyle changes that will set you up to live the rest of your life healthy and happy--at any age! It goes far beyond weight loss and encompasses all of the magical side effects of a healthy life, like fewer wrinkles, glowing skin, fewer aches and pains, and more energy! This book will help guide you through the struggles women face when they begin menopause, and helps you tackle daily changes, such as: *Balancing your

hormones holistically *Getting a better night's sleep *Reducing and/or eliminating hot flashes *Improving libido! *Saying goodbye to anxiety and depression! *Having the party of your life!

Shmirshky - E, 2011-01-18

“Informative, engaging, and hilarious!” —Sarah Brokaw, author of *Fortytude* “As a proud member of the ‘Shmirshky Sisterhood,’ I can honestly say that E’s book, *Shmirshky*, is informative, engaging, and hilarious! *Shmirshky* allows women who are about to embrace ‘PM&M’ to do so with power, wisdom, and most importantly, a sense of humor.” —Sarah Brokaw, author of *Fortytude: Making the Next Decades the Best Years of Your Life*—through the 40s, 50s, and Beyond Hot flashes flashing you Awake at 3 a.m. Forgetting the names of your very own children Don’t worry—E, the author of *Shmirshky*, understands how you feel. *Shmirshky* is the first book of its kind—a guide to women’s midlife changes that’s quick, easy, and full of love! Reading *Shmirshky* is like having coffee with a hilarious friend who tells it straight about hormone craziness and how to get help. Let’s face it, perimenopause and menopause are still too rarely talked about. *Shmirshky* turns this taboo topic into an all-inclusive page-turner. Whether you’re a woman who’s suddenly losing her keys, her temper, and her mind, or that woman’s partner, child, or friend, *Shmirshky* is for you. Suffering in silence is OUT. Reaching out is IN. What the heck is a *shmirshky* a delicious dessert an ancient form of yoga a superfood a posh baby stroller brand a painful deep tissue massage an automatic floor mop a precursor to modern-day vodka the feeling you get after eating too many French fries a feeling of serenity and empowerment a community a movement a name for something special that only women possess a guide to achieving your very own version of hormone happiness . . . well, now you’re on to something!

Womancode - Alisa Vitti 2013

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones

affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

ROAR - Stacy Sims 2016-07-05

Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running,

cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

Hormone Repair Manual - Lara Briden 2021-02-23

'The book my patients have been waiting for.' Dr Peta Wright, gynaecologist and women's health advocate The Hormone Repair Manual is a must-have guide to understanding and overcoming the symptoms of perimenopause and menopause. Naturopath Lara Briden, author of the international bestseller Period Repair Manual, has more than 20 years' experience in women's health. Her fresh approach aims to overturn the stigma of perimenopause and menopause and show women that: - many symptoms are temporary and manageable - emotional challenges can present an opportunity to thrive - a focus on health during this period can bring benefits for years to come. Addressing common symptoms such as hot flushes, insomnia, mood changes, migraines, weight gain, low libido and heavy periods, Lara offers practical solutions of diet, lifestyle, nutritional supplements and tips for how to speak to your doctor about hormone therapy. The Hormone Repair Manual is backed by evidence-based research and case studies and is a reassuring guide to soothing, nourishing and strengthening your body, mind and spirit during this time of change. PRAISE FOR HORMONE REPAIR MANUAL '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, fertility specialist and host of the Fanny Mechanic podcast 'Evidence-based natural solutions for optimising women's health and wellbeing in their 40s, 50s and beyond' Dr Fatima Khan, Menopause Specialist *The Black Woman's Guide to Menopause* - Carolyn Scott Brown 2003 A hands-on guide written specifically to address the black woman's experience of menopause.

Next Level - Stacy T. Sims, PhD 2022-05-17

A comprehensive, physiology-based guide to peak performance for active women approaching or experiencing menopause—from the author of

Roar, renowned exercise and nutrition scientist Dr. Stacy Sims For active women, menopause hits hard. Overnight, your body doesn't feel like the one you know and love anymore—you're battling new symptoms, might be gaining weight, losing endurance and strength, and taking longer to bounce back from workouts that used to be easy. The things that have always kept you fit and healthy just seem to stop working the way they used to. But menopause doesn't have to be the end of you kicking ass at the gym, on the trail, in the saddle, or wherever you work out. Once you understand your physiology, you can work with it—not against it—to optimize your performance. That's where Stacy Sims, PhD comes in. In *Next Level*, you'll learn the underlying causes of menopause: the hormonal changes that are causing all the symptoms you're feeling, and their impact on your wellness and performance. Then, what you really came for—what to do about it. Inside you'll find science-backed advice about training, nutrition, sleep and recovery and supplements, as well as sample exercise routines, meal plans, macronutrient planning charts, and case studies from real women Stacy has coached through the transition. It's the ultimate guide to navigating the Next Level.

[Flash Count Diary](#) - Darcey Steinke 2019-06-18

"Many days I believe menopause is the new (if long overdue) frontier for the most compelling and necessary philosophy; Darcey Steinke is already there, blazing the way. This elegant, wise, fascinating, deeply moving book is an instant classic. I'm about to buy it for everyone I know."

—Maggie Nelson, author of *The Argonauts* A brave, brilliant, and unprecedented examination of menopause Menopause hit Darcey Steinke hard. First came hot flashes. Then insomnia. Then depression. As she struggled to express what was happening to her, she came up against a culture of silence. Throughout history, the natural physical transition of menopause has been viewed as something to deny, fear, and eradicate. Menstruation signals fertility and life, and childbirth is revered as the ultimate expression of womanhood. Menopause is seen as a harbinger of death. Some books Steinke found promoted hormone replacement therapy. Others encouraged acceptance. But Steinke longed to understand menopause in a more complex, spiritual, and intellectually

engaged way. In *Flash Count Diary*, Steinke writes frankly about aspects of Menopause that have rarely been written about before. She explores the changing gender landscape that comes with reduced hormone levels, and lays bare the transformation of female desire and the realities of prejudice against older women. Weaving together her personal story with philosophy, science, art, and literature, Steinke reveals that in the seventeenth century, women who had hot flashes in front of others could be accused of being witches; that the model for Duchamp's famous *Étant donné*s was a post-reproductive woman; and that killer whales—one of the only other species on earth to undergo menopause—live long post-reproductive lives. *Flash Count Diary*, with its deep research, open play of ideas, and reverence for the female body, will change the way you think about menopause. It's a deeply feminist book—honest about the intimations of mortality that menopause brings while also arguing for the ascendancy, beauty, and power of the post-reproductive years.

[The Perimenopause Solution](#) - Shahzadi Harper 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.

The Naked Truth About PERIMENOPAUSE - Susanne Mitchell

2021-01-19

Silent and confusing, menopausal symptoms can ambush women as they head into their 40s. This investigation into the transition to menopause and the challenges of hormone deficiency is essential reading for all women (and those who love them).

Menopocalypse - Amanda Thebe 2020-10-20

“Perimenopause and menopause can be very difficult times for women, both physically and emotionally. This book empower[s] women with information and advice.” —Dr. Louise Newson, GP and menopause specialist, developer of My Menopause Doctor Discover new, effective remedies for menopause and perimenopause symptoms (migraines, hot flashes, mood swings, and more) in this powerful book, written by a fitness expert who experiences many—and shares her secret to thriving in good health. Includes a Bonus Training Guide with Strength Workouts for Women Over 40 At a time when menopause has become an urgent, necessary topic of public discussion, with the likes of Michelle Obama revealing their struggles for the first time on the internet, personal trainer Amanda Thebe shares the roadmap she uses to thrive during perimenopause and menopause in Menopocalypse. With funny, bold, and big-hearted writing that will be familiar to readers of Glennon Doyle, Amanda Thebe shares her menopause journey and what she learned along the way. Readers will come away from the book with: A better understanding of your own hormones and how they factor in menopause and your overall health; Confidence to speak your truth about your menopause symptoms to your doctor, other health professionals, your family, and friends; Advice for achieving optimal health during perimenopause and menopause by changing your diet, fitness routine, and more lifestyle factors. Amanda Thebe was working as a personal trainer and fitness coach when, at age 43, she began to experience debilitating exhaustion, dizziness, and depression. At the time, Thebe didn't know it was all related to her hormones. The busy mother of two,

who was used to climbing mountains and traveling the world, only knew she struggled to get out of bed. After several failed doctor's appointments, Thebe saw her gynaecologist, who finally named the source of her struggles: perimenopause, the period of 5-10 years before menopause, when a woman's fluctuating estrogen levels put her at risk of depression, anxiety, headaches, and more ailments related to female hormone health. Empowered by information, Thebe began her journey back to her former self, overhauling her approach to diet and exercise. In Menopocalypse, she explains how to deal with migraines, hot flashes, weight gain, exhaustion, poor sleep, vaginal dryness, and mood swings—offering tips that have worked for her and others. She shares information about hormone therapy. She even shares her own strength-training routine, complete with a suggested workout schedule, easy-to-follow instructions, and pictures of herself doing the exercises, so you can feel empowered, fit, and ready to tackle the day. Menopause isn't fun, sexy, or cool, and a woman might spend one-third of her life in it—but that doesn't mean women should suffer in silence without support. Let the outspoken and honest Amanda Thebe be your guide to surviving—and thriving—during menopocalypse.

MENOPAUSE MONDAYS - Ellen 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 foggy 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!

Period Repair Manual - Lara Briden 2017-09-14

Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: * How to come off hormonal birth control * What your period should be like * What can go wrong * How to talk to your doctor * Treatment protocols for all common period problems, including PCOS and endometriosis The second edition contains insights from Professor Jerilynn Prior, more than 300 new references, and an additional chapter on perimenopause and menopause. Written by a naturopathic doctor with more than twenty years experience, this book is a compilation of everything that works for hormonal health.

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.

New Menopausal Years - Susun S. Weed 2002

Called "my menopause bible" by half a million women, the best book on menopause is now better. Originally published in 1992 and still a top best-seller. Completely revised with 100 new pages. Susan S. Weed (author of the best-sellers *Breast Cancer. Breast Health!* *the Wise Woman Way*, *Wise Woman Herbal for the childbearing Year*, and *Healing Wise*) has completely rewritten this classic after listening to over 20,000 women talk about menopause and what works for them. All the remedies women know and trust plus hundreds of new ones. New Sections on thyroid health fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. Introduction by Juliette de Bairacli Levy. Beautifully illustrated, superbly indexed, wrapped in the healing cloak of the Ancient Ones, this is a book for women of all ages who want strong bones, healthy hearts, and a long, joyous life without hormones.

Perimenopause - Dr Anna Garrett

"Perimenopause? What?! I'm way too young!" If you're suddenly struggling with weight gain, insomnia, irregular bleeding or flooding, mood swings, and relationship challenges, perimenopause may be knocking at your door. And there's more! Burning tongue, itchy skin, electric shock feelings? Yes, these can be part of perimenopause too. Women are inundated with information on how to have healthy, happy pregnancies, but we get left out on the opposite end of the reproductive

spectrum. That stops now! In this entertaining, information-packed, empowering book, Dr. Anna Garrett shares everything you need to know about your body and how to care for it to create hormone harmony. Here are just a few of the things you'll learn: Perimenopause can start as young as 35 Why perimenopause is very different from menopause How you CAN balance your hormones and find symptom relief Why you're not going crazy Tips for creating a healthcare team that gets you the care you deserve Dr. Anna offers realistic, holistic solutions for diet challenges, sleep, stress reduction, supplements and more in her savvy sister's guide. Perimenopause is a revolutionary book focused on giving you the tools to navigate this transition with grace and ease so you can rock your mojo through midlife and beyond! You can learn to make perimenopause an initiation into the wise woman's years, worthy of celebration and discovery, rather than something to dread. I highly recommend this book!" -Lissa Rankin, MD, OB/ GYN physician and New York Times bestselling author of Mind Over Medicine At last...this is the "perimenopause manual" we have all longed for! Dr. Anna explains it all in a way that feels neither demeaning nor overly scientific. She provides solutions, suggestions and actual steps to take to regain control of our moods, our bodies, our lives. From lifestyle tweaks to supplement suggestions, every page brings awareness and hope. It's my current "bedside read," right before I drift off into truly restorative sleep. Thank you, Dr. Anna! ~Sheree Clark Midlife Courage Coach Fork in the Road Dr. Anna is the unequivocal authority in helping women—including me—navigate perimenopause and menopause. Trust me, it IS possible to come out on "the other side" better than ever! Dr. Anna offers her guidance with humor, wit and compassion. ~Jill Grunewald, FMCHC, author of the best selling Essential Thyroid Cookbook, and creator of the Reversing Alopecia program "There simply is not enough quality information available to women on perimenopause. Thankfully, Dr. Anna Garrett is changing all that! Get your midlife health education from someone who has worked with hundreds (thousands?) of women one-on-one to balance their hormones, tweak their lifestyles, and most importantly, set them up to live their healthiest lives! This is a book you'll

want to refer to again and again throughout your journey—and then share it with all your girlfriends!" ~Shirley Weir, founder, Menopause Chicks and author of MOKITA: How to navigate perimenopause with confidence and ease

Period Power - Maisie Hill 2019-05-02

'Hill's advice is straightforward and no-nonsense' - The Guardian 'A life-transforming book... fascinating' - Daily Mail 'Maisie Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer 'Thank GOODNESS for Maisie Hill! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions 'This is such an important book. Maisie's insights and cycle strategy have changed my life and my cycle. Period Power is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of The Modern Cook's Year A profound and practical blueprint for aligning daily life with your menstrual cycle. Period Power is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner. The hormones of the menstrual cycle profoundly influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up with 'women's problems'. Maisie Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisie believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines The Cycle Strategy to help us perform at our best, throughout our cycle. In Period Power you will discover how to: - maximise your natural superpowers each month while making adjustments for the darker days, and use Maisie's favourite tips to improve them - identify your personal patterns, powers and pitfalls for each phase of the menstrual cycle - plan your

month to perform at your best in all aspects of your life - figure out if you have a hormonal imbalance and what to do about it. *Period Power* is a no-nonsense guide with all the tools you need to improve your menstrual health.

Wise Power - Alexandra Pope 2022-09-20

A trailblazing guide to menopause, filled with nourishing wisdom and practical advice to help you thrive as your empowered, confident self. It's time to redefine menopause. This pivotal time of life is often mistakenly viewed as a health crisis that is 'suffered from' or 'coped with', and misinformation and myths around menopause can leave you feeling ignored and misunderstood. *Wise Power* is the radical new story of menopause - illuminating its power and potential. Pioneers of the menstruality revolution and the founders of Red School, Alexandra Pope and Sjanie Hugo Wurlitzer explain how to embrace menopause as a sacred rite of passage, an initiation that grows your authority, steeps you in purpose and awakens you to great power and wisdom. They show you how to: · prepare for menopause through each life stage, from menarche to your final menstrual cycles · make sense of what you're experiencing during perimenopause · recognize and accept when you enter menopause, and trust that a meaningful process is at work · navigate the five phases of menopause and receive their unique gifts · embrace the rhythms of your postmenopause life, unlock your true potential and step onto your path of power and leadership Written with humour, fierce tenderness and practicality, *Wise Power* restores the dignity of menopause, guiding you home to yourself - to a sense of belonging.

Wild Power - Sjanie Hugo Wurlitzer 2017-04-04

Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential

guide to emotional and spiritual empowerment. *Wild Power* tells a radical new story about feminine power. It reveals: · Your inner architecture and the path to power that is encoded in your body · How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority · Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle · How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing · How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, *Wild Power* will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

Code Red - Lisa Lister 2020-08-18

Your period has power. Embrace your natural cycle, work with your hormones and connect to the innate feminine wisdom of your menstrual cycle. Your period is way more than PMS, carb cravings and lady rage - it's actually a 4-part lady code that, once cracked, will uncover a series of monthly superpowers that can be used to enhance your relationships with others, build a better business, have incredible sex and create a 'bloody' amazing life. *Code Red*, from the Creatrix of www.thesassyshe.com, Lisa Lister, is a call to action. A rallying cry that dares you to explore, navigate and most importantly, love your lady landscape. You'll learn how to live and work in complete alignment with the rhythms of nature, the moon and your menstrual cycle, be inspired by insights from *Wise + Wild Women* like Meggan Watterson, Alexandra Pope and Uma Dinsmore Tuli, and gain access to easy-to-follow strategies and SHE Flow yoga practices. You'll be invited to connect with your true nature as a woman, tap into the transformational power of your innate feminine wisdom and use your menstrual cycle as an ever-unfolding map to crack your lady code.

The Menopause Book - Barbara Kantrowitz 2018-03-20

The Complete Guide for Women Deeply optimistic, reassuring, and essential, the book the North American Menopause Society called

“required reading” is now revised and updated, with over 20 percent new material that incorporates the latest medical findings, cutting-edge research, and best-practices advice. Expertly separating fact from fiction in the latest “breakthrough” medical studies, it shows you what to pay attention to, and what you can ignore. Learn about the role of hormones and the latest advances in hormone therapy. The truth about hot flashes and how to deal with getting one at work. The impact of menopause on sexuality and how to manage an up-and-down libido. There are chapters on heart health (how to protect it), moods (how to ride them out), and exercise (how to stretch without strain). And finally, why this period of life can be a natural springboard to staying healthy, feeling great, and looking beautiful for the next act of your life. Your Questions, Your Answers: Is it possible that I could get another period after more than a year without one? Losing weight at midlife feels like an uphill battle—what’s the healthiest approach? How do I perform a breast self-exam? Is hormone therapy necessary—and if so, which one is right for me? How effective are Kegel exercises, and how do I do them? I’m starting to get adult acne—is this normal?

The Hormone Fix - Anna Cabeca, DO, OBGYN, FACOG 2019-02-26 NATIONAL BESTSELLER • For women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, better sleep, diminished hot flashes, a clearer head, and a rejuvenated sex drive. “Hormone balance is within reach, and this is the definitive guide for reaching that goal.”—David Perlmutter, MD, author of Grain Brain As women approach menopause, many start to experience the physical and emotional indignities of hormonal fluctuation: metabolic stall and weight gain, hot flashes and night sweats, insomnia, memory loss or brain fog, irritability, low libido, and painful sex. Too often, doctors tell us that these discomforts are to be expected and that we will have to wait them out during “the change”; some of us even agree to be unnecessarily medicated. But Dr. Anna Cabeca’s research and experience with thousands of her patients show that there is a fast-acting and nonpharmaceutical way to dramatically and permanently alleviate these symptoms. The Hormone Fix introduces Dr. Cabeca’s unique Keto-

Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body’s cellular pH to a healthy alkaline level. The proven result: balanced cortisol and reduced output of insulin, the hormones most responsible for belly fat and weight gain, plus an increase in oxytocin, the “love and happiness” hormone. Whether you are perimenopausal, menopausal, or postmenopausal, The Hormone Fix offers an easy-to-follow program, including • a 10-day quick-start detox diet to jump-start weight loss and reduce symptoms immediately • daily meal plans and weekly shopping lists to take the guesswork out of a month’s worth of Keto-Green eating • 65 delicious and easy-to-make recipes for breakfast, lunch, dinner, smoothies, and soups • detailed information on vitamin and mineral supplementation that optimizes hormone balance • simple self-assessments and recommended optional lab testing for a better understanding of your hormonal status • tested and trusted stress-reduction and oxytocin-amplifying advice and techniques With The Hormone Fix you can expect to trim down, tap into new and unexpected energy levels, enhance intimacy, and completely revitalize your life! Ready for your fix? “The Hormone Fix is a treasure trove of accurate and user-friendly information that all women who are suffering during menopause need to know and apply.”—Christiane Northrup, MD, author of The Wisdom of Menopause

The Power of Perimenopause - Stephanie DeGraff Bender 1998 Explains the symptoms of perimenopause and gives recommendations for both conventional and alternative therapies.

Women, Sex, Power, And Pleasure - Evelyn Resh, CNM/MPH 2013-03-01 In her new book, Women, Sex, Power & Pleasure, Evelyn Resh, a sexuality counselor and certified nurse-midwife, takes an innovative approach to helping women create the lives - and sex lives - they want. With a funny and compassionate, yet tell-it-like-it-is style, she looks at the relationship between feeling powerful in life and accessing life’s pleasures, and their combined effect on sexual desire. Resh introduces six essential qualities that women must have to live healthfully, stating that when these are out of balance women seem to exist in lives devoid of

pleasure, self-empowerment, and sex. These markers of emotional well-being are: • Self-confidence and self-esteem • Healthy Habits • Spiritual Satisfaction • Creativity • Self-assurance/re-assurance • Compassion and Empathy Once the six traits are laid out, Resh devotes the rest of the book to exploring how, when one or more of a woman's markers of emotional well-being are off kilter, their reasons for avoiding sex mount exponentially. She looks at some of the most common excuses she's heard over her many years as a sexuality counselor - I Feel Nothing, It's All He Thinks About, I'm Too Busy!, I'm Too Fat to Have Sex - and outlines the specific imbalances that create this void of sexual desire and activity. With practical guidance, self-assessment questions, and stories from her practice and personal life, Resh explains to modern women how to regain their emotional wellness and live a powerful life that includes a steady relationship with pleasure and sexual satisfaction. This book is a must read for all women. From housewives to sophisticated urban corporate types, from new moms to post-menopausal women - this book will help any woman who feels estranged from her sexual energy and a sense of empowerment, and deprived of pleasure, or who views sex as just another thing to tick off her overwhelming to-do list.

The Wisdom of Menopause - Christiane Northrup, M.D. 2012-01-03
Dr. Christiane Northrup's #1 New York Times bestseller *The Wisdom of Menopause* has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes: • a new section on sex after 50—and how, if need be, you can rejuvenate your sex life; • updated mammogram guidelines—and how thermography improves breast health; • the latest on the glycemic index, optimal blood sugar levels, and ways

to prevent diabetes; • dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity; • all you need to know about perimenopause and why it's critical to your well-being; • a vital program for ensuring pelvic health during and after menopause; • strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

I'm Too Young for This! - Suzanne Somers 2014-09-23

Why Wait to Feel Good Again? If you're in your thirties or forties, your body is changing, and so are your moods, sleep, health, and weight. Tired of being at the mercy of your hormones? Armed with the knowledge in this book, you don't have to be. *Perimenopause* can be enjoyable if you know what to do. *I'm Too Young for This!* details how you can get your body and mind back on track, safely and without drugs, including: - How our bodies transition hormonally—from puberty through perimenopause. - The common complaints of perimenopause—and hidden factors that may keep you symptomatic. - What are the minor and major hormones, and the important role they play in feeling good and staying vibrant and healthy. - What to eat—including Perimenopausal Power Foods—as well as other lifestyle shifts that are critical to your successful transition. - Cutting-edge research that proves the safety and efficacy of bioidentical hormone replacement (BHRT). - The Symptom Solver: a state-of-the-art guide to immediate relief for your hormonal complaints. Plus, how to find the right doctor as well as get your most frequently asked questions answered by expert hormone specialists. Your life is about to change for the better. You can feel great, be vibrant, healthy, thin, and sexy! This book shows you how.

What Fresh Hell Is This? - Heather Corinna 2021-06-01

'This book feels like your best friend talking to you over drinks - if your best friend is a shit-talking, patriarchy-smashing, intersectionally feminist professor of the history of reproductive medicine and also an endocrinologist with a side hustle as a comedian.' - Dr Emily Nagoski,

NYT bestselling author of *Come As You Are* What to Expect When You're Not Expected to Expect Anything Anymore Perimenopause and menopause experiences are as unique as all of us who move through them. While there's no one-size-fits-all, Heather Corinna tells you what can happen and what you can do to take care of yourself, all the while busting pernicious myths, offering real self-care tips - the kind that won't break the bank or your soul - and running the gamut from hot flashes to hormone therapy. With practical, clear information and support, inclusive of those with disabilities, queer, transgender, nonbinary and other gender-diverse people, people of colour, working class and others who have long been left out of the discussion, *What Fresh Hell Is This?* is the cooling pillow and empathetic best friend to help you through the fire.

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.

A Strange Period. - Sheryl Gurrentz 2011-12-08

Surprising, funny, and reassuring information about the subtle and not-so-subtle experiences that comprise the Journey from regular periods, to anything but regular periods, to the end of periods. Period. WARNING: This book is intended for hormonally-challenged women only and may be offensive and/or downright appalling to younger or male audiences. READ AT YOUR OWN RISK ! Could it be that the odd physical, mental, emotional, and sexual experiences you have recently noticed are related to menopause, even if you feel like you can't possibly be old enough yet? They could be if you are in perimenopause - the time of hormonal fluctuation leading up to menopause. To put it bluntly, you know you are perimenopausal when: The only other viable alternatives are that you are pregnant, crazy, going through puberty again, and/or have early dementia. You've had times when you can't figure out the right amount to tip, get lost in your own neighborhood, or feel like you are an impostor in your own life. You can honestly use the saying, "not by the hair of my chinny chin chin." The phrase, "I laughed so hard I almost wet my pants" turns into, "I laughed so hard I wet my pants" - and you didn't laugh all that hard. You talk about your hairy a++hole, and you're not referring to your husband. You've been looking for a good way to work not-so-feminine itching and the proliferation of pubic hair in non-pubic places into polite conversation. You have, at least once, gotten so hot that you seriously considered completely stripping off every single piece of your clothing in a public place. Or, you have 1/2 the energy, but need 2-times the exercise to stay in shape; want sex 1/2 as much, just when it takes your guy 2-times as long; and have 1/2 the periods, but they are 2-times

as bothersome.

Making Sense of Menopause - Susan Willson 2022-02-15

A women's health expert shares an empowering and informative guide to menopause as a gateway to a rich and vital elderhood. It's time to change the way we think about menopause. Both medicine and popular culture fixate on menopause as a decline of women's bodies and minds—without recognizing the powerful gifts that come to us in our elder years. "Nature did not create us to unravel and diminish in the prime of our lives," says Susan Willson. With Making Sense of Menopause, this renowned women's health practitioner offers a powerful guide to experiencing perimenopause and menopause as a natural gateway into the next vital, exciting, and meaningful phase of our lives.

In this inspiring and highly practical guide, Willson dismantles the cultural falsehoods we've been taught about menopause and illuminates:

- Menopause as metamorphosis—how the changes in our bodies literally transform us into new women with essential roles to play in our culture
- How the biological arc of a woman's life unfolds toward menopause—and how our earliest experiences inform the menopause we will have
- Practical guidance for self-care—including sleep, nutrition, stress management, exercise, and social connections
- Sexuality and relationships—deepening our emotional bonds and expanding our capacity to give and receive pleasure
- Becoming the Wise

Woman—stepping into the essential role of an elder in our youth-obsessed world Susan Willson has found that when women are presented with a positive, empowering perspective on menopause, something extraordinary occurs: "We find that we want to do the developmental work of midlife. We want to harness the power we feel rising up as we are finally able to stand for ourselves. We want to give our gifts." With Making Sense of Menopause, this compelling author offers a much-needed guide for women making the physical, emotional, and spiritual transition to their wisdom years.

Before The Change - Ann Louise Gittleman 2010-10-12

From renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated guide to taking charge of your

perimenopause. Filled with the latest research as well as practical tips and menus, Gittleman also incorporates timely information, especially pertaining to Hormone Replacement Therapy. Learn How You Can head off Depression and Mood Swings, Weight Shifts, Erratic Sleep, Memory Loss, and Other Changes Leading to Menopause. Take charge of your perimenopause simply, safely, and naturally! This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself. By following the author's proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through this vital phase of your life. With this essential do-it-yourself program, you can say good-bye to hormone havoc and sail through your perimenopause, the period of about ten years leading up to menopause, by understanding and controlling its symptoms. Before the Change. .clearly explains the symptoms of perimenopause and offers a self-diagnosis quiz; .details safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs and natural hormones.gives you a powerful **Changing Diet**, with tips and recipes for foods that prevent and alleviate symptoms

Perimenopause Power - Maisie Hill 2021-03-04

'Maisie's knowledge of hormones changed my life... you need this book'
Anna Jones 'Hill's advice is straightforward and no-nonsense' The Guardian 'An informative must-read for any woman - whatever their age'
Vogue online During perimenopause three quarters of women will experience symptoms such as mood changes, insomnia, hot flushes, and night sweats, but there is little in the way of evidence-based information out there to help and guide us. Perimenopause Power is the essential handbook to understanding what the hell's going on and to empower us to improve our experience of the dreaded 'change'. Maisie Hill, the highly qualified women's health expert, best-selling author of Period Power and founder of The Flow Collective, takes us through the physiological changes of perimenopause and menopause, step by step, with calm positivity. In this invaluable guide she shares tips and advice to support women through the challenge of wildly fluctuating hormones. A must-read for anyone looking for a well-researched, evidenced-based

book on perimenopause and menopause that gives women the information they need to address their hormonal needs. Perimenopause Power will help women to understand what's going on with their bodies and how to deal with troublesome symptoms, and share valuable insights into making it a positive and powerful experience. 'Maisie Hill helps you understand the changes in your body and psyche during the lead-up to menopause and how to handle symptoms.' Top Santé 'Maisie Hill gets rid of myths, sheds light and allows for an open, honest and much-needed conversation' Mind

The Menopause Manifesto - Dr. Jen Gunter 2021-05-25

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

Menopause Matters - Julia Schlam Edelman 2010

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

The Power of Perimenopause - Stephanie Bender 2012-01-27

The perimenopausal years can start as early as age thirty-five and last for up to ten years. This transitional period in a woman's life has often been misdiagnosed or ignored. Now Stephanie Bender, an expert in women's hormonal health, sounds a wake-up call for the confusing years before menopause, which require special emotional, dietary, and health guidance. The Power of Perimenopause explains how symptoms such as irregular cycles, night sweats and insomnia, decreased libido, memory lapses, and mood swings can be traced to fluctuating hormones. It gives detailed recommendations on how to use both conventional and alternative approaches to lessen symptoms, including the most up-to-date research and new treatments. Bender also goes beyond medical

advice to show women how all facets of their lives, from diet to attitude to lifestyle, can be transformed to make this an exciting and productive phase. Perimenopause is a time when women can reconsider their beliefs and priorities with newfound wisdom--perhaps discarding outmoded images of female beauty and examining their relationships with lovers and family on a deeper level. The Power of Perimenopause explores this neglected age with practical ways to enhance the quality of all areas of women's lives. From the Trade Paperback edition.

Estrogen's Storm Season - Jerilynn C. Prior 2017

"This fiction book begins as eight frustrated midlife women-from all walks of life-meet Dr. Kailey Madrona, a woman specialist. All are in perimenopause, the long and chaotic transition to menopause. They are as different as women can be-yet they share the mysterious experiences of perimenopause, night sweats, flooding periods or mood swings. We follow these women as they consult Dr. Madrona, learn the surprising

hormonal changes explaining their symptoms, get better or worse, and try or refuse therapies. As each woman lives through her particular challenge, we begin to see how we, too, can survive perimenopause! Dr. Jerilynn Prior tells the story of women in perimenopause through a unique blend of storytelling and scientific fact."--

Yoni Shakti - Uma Dinsmore-Tuli 2020-07

Revised and updated edition, includes new preface: "Author's Warning" In this courageous and radical book, Uma Dinsmore-Tuli explores the sexual politics of yoga from a perspective that sees women's spiritual transformation as the most revolutionary force. Packed with fascinating real life stories and vibrant testimony, as well as history and philosophy and practical guidance, Yoni Shakti is about freedom and power, encompassing yoga, sex, health and spirituality. Always refreshing, irreverent and inspiring, Yoni Shakti brings womb yoga, Goddess-focused tantra and vibrant feminism together in an astonishingly potent combination.