

# Pms Perimenopause And You A Guide To The Emotiona

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[The Perimenopause Solution](#) - Emma Bardwell  
2021-10-12

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 Female Advantage** - Alisa Vitti 2019-09-24  
A biohacking program for women, teaching them how to use their natural 28-day cycle to optimize

their time, diet, fitness, work, and relationships. Presents a 4-week solution to manage energy and time according to female biochemistry. By working with each phase, you'll support your hormones, unlock peak creativity and performance, and avoid burnout. You'll know exactly when to eat certain foods, clear your social calendar, or ask for a raise--and you'll have the tools to do so. Includes meal plans and recipes for each phase; carts for phase-specific exercises, work tasks, and relationship activities; a daily planner that helps you align with your strengths in each phase; and a biohacking toolkit for navigating period problems and hormonal birth control.

*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.

*Self-Help for Premenstrual Syndrome* - Michelle Harrison, M.D. 2009-07-08

Updated with the latest information A completely revised edition of the classic guide to PMS-the first book on this pressing health issue ever published in the United States Soon after *Self-Help for Premenstrual Syndrome* came out more than fifteen years ago, it was established as the definitive resource. In this third edition, you'll find accurate, up-to-date information on Symptoms and causes of PMS PMS and perimenopause Premenstrual magnification (PMM) Diagnosing PMS Treating PMS through diet, exercise, and stress management Vitamins, minerals, oil of evening primrose, and other nonprescription remedies Progesterone Antiprostaglandins, antidepressants, and diuretics Acupuncture and alternative therapies Psychotherapy PMS and its effect on sexuality, the family, and creativity Support groups Social and political implications of PMS Other resources, including information on using the Internet for further research With its practical advice, friendly approach, and comprehensive resource section, you'll find *Self-Help for Premenstrual Syndrome* an invaluable guide to the answers you need.

[The Perimenopause Handbook](#) - Andrea Glover 2018-12-10

Did you know that perimenopause is a natural transition period that you go through to get to

menopause? Not many women know about perimenopause, and it can start any time after the age of thirty-five. Your body is in charge of what happens. What is happening is that your hormone levels are declining as you get ready to stop ovulating and producing an egg every month to have a baby or, if not, to have your period. This can take up to ten years to happen, but don't despair, ladies, you do not have to suffer with lots of symptoms anymore during this ten years. My book has all you need to know about this transition—what you can do to control your symptoms and even reduce them to little or none for lots of women, symptoms such as hot flashes, anxiety, mood swings, loss of sleep, and brain fog to name just a few. I will explain the four key areas of how you can go through this transition seamlessly and take back control of your own body so it does not control you. The four 4 key areas are diet, lifestyle, exercise, and mindset. So, ladies, what are you waiting for? Read on as I guide you through this time of your life, which can be an awakening of you so you can look good and feel good as you age.

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

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

class and other folks—What Fresh Hell Is This? is the cooling pillow and empathetic best friend to help you through the fire.

**Making Friends with the Menopause** - Sarah Rayner 2022-06-29

Night sweats, mood swings, weight gain - the menopause can be a challenging time, leaving us feeling isolated and as if we're losing touch with ourselves. But you are not alone - Making Friends with the Menopause is here to help. From bestselling author Sarah Rayner, with Dr Patrick Fitzgerald, comes a clear and comforting guide to the menopause that reads like a chat with a good friend. Written with warmth and humour, and packed with practical, bite-size tips from women experiencing menopause themselves, as well as essential insights from Dr Patrick, this life-changing little handbook includes: Comprehensive guidance on the range of treatments available including traditional and complementary medicine. Tried and tested tips to alleviate the symptoms of menopause including hot flushes, insomnia, forgetfulness, and rising anxiety. How to deal with the psychological impact of hormonal changes and lift your self-esteem. Suggestions for your sex life and how to talk to your partner about the change you're going through. How to find the joy in this period and focus more on yourself and your own wellbeing. If you're struggling with the symptoms of menopause, simply want to take care of yourself well or if you're looking for support from a friend who knows exactly how you feel, Making Friends with the Menopause will be your guide. It will give you the understanding and confidence you need to navigate this profound change and fully embrace this new chapter of your life with open arms. Read what everyone is saying about Making Friends with the Menopause: 'Would give 10 stars if I could. Love this book.' Amazon reviewer, 5 stars 'The best I have ever read about the menopause. I learnt so much about myself and at what stage I am at.' Amazon reviewer, 5 stars 'Fabulous! A must read for every woman 40+... Sensible, comprehensive, factual, positive, giving lots of great information and advice... I'm left feeling much more positive about my perimenopause.' Amazon reviewer, 5 stars 'Brilliant and makes you feel like you are not alone!... feels like talking to a friend. I felt so

much better after reading it, and keep dipping into it when I need a reminder.' Amazon reviewer, 5 stars 'Superb... can't praise it enough. Made me realise I am normal, thank goodness!' Amazon reviewer, 5 stars 'Incredibly helpful and informative... so helpful I can't recommend it enough.' Amazon reviewer, 5 stars

**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 **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.

### **The Wisdom of Menopause Journal -**

Christiane Northrup 2007-03

Menopause is an unparalleled opportunity to turn your life around and create a firm foundation for the most fulfilling, healthy, joy-filled years of your life. *The Wisdom of Menopause Journal*--a companion to Dr. Christiane Northrup's newly revised and best-selling book *The Wisdom of Menopause*--helps you focus on the "me" in menopause. Designed to help you both navigate and document this important transitional time, the journal is packed with action-oriented, practical advice for your mind and body--from recommended supplements and medication options to how to explore the emotional issues behind your physical symptoms. This journal gives you everything you need to create vibrant health in midlife on all levels--not just in your heart, bones, pelvic organs, breasts, and brain . . . but also in your sex life, your relationships, and even your beauty regimen! It enables you to record your current health and concerns, as well as the steps you want to take to achieve your goals in each area. You'll also find powerful affirmations, inspiring quotes, and plenty of blank pages for journaling, so you can create a record of your thoughts and

feelings during this important time. Dr. Northrup's insights enable you to see menopause not as a burden to be endured, but as an empowering opportunity to reinvent yourself right down to the cellular level. The key is learning to tap into the profound wisdom that emerges during this life stage--wisdom you can fully trust to guide you toward enormous happiness, joy, and fulfillment.

**PMS, Perimenopause, and You** - Lori A. Futterman 2000

It's no secret that the ebb and flow of hormonal balance affects women's lives. Few women realize, however, that these changes can be positive, liberating experiences rather than difficult transitions to be viewed with apprehension. Let renowned researcher and specialist Dr. Lori Futterman guide you through the treatments and approaches that will allow you to embrace these changes and achieve a new balance in your physical, mental, social, and spiritual life.

Be Period Positive - Chella Quint 2021-07-02

### **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.

#### What You Must Know About Women's Hormones

- Pamela Wartian Smith 2012-04-10

Hormonal imbalances can occur at any age—before, during, or after menopause—and for a variety of reasons. While most hormone-related problems are associated with menopause, fluctuating hormonal levels can also cause a variety of other conditions, and for some women, the effects can be truly debilitating. What You Must Know About Women's Hormones is a clear guide to the treatment of hormonal irregularities without the health risks associated with standard hormone replacement therapy. This book is divided into three parts. Part I describes the body's own hormones, looking at their functions and the problems that can occur if these hormones are not at optimal levels. Part II focuses on the most common problems that arise from hormonal imbalances, such as PMS, hot flashes, and endometriosis. Lastly, Part III details hormone replacement therapy, focusing on the difference between natural and synthetic hormone treatments. Whether you are looking for help with menopausal symptoms or you simply want to enjoy vibrant health, What You Must Know About Women's Hormones can make a profound difference in your life.

#### **The Perimenopause and Menopause**

**Workbook** - Kathryn R. Simpson 2006

Contains up-to-date, scientifically sound hormone information. Each chapter includes helpful exercises and assessment to help you get a clear picture of your health and make a plan for total hormonal wellness.

#### **What They Don't Tell You about Menopause:**

- Heather Johnson 2020-11-20

Women have always struggled with the idea of how much better life would be if they had a better body, a better exercise routine, a better life. This can make it difficult for women to grasp that aging is both a normal and natural part of life. With over 40 years of experience working as an obstetrician gynecologist (OBGYN), Dr. Heather Johnson is equipped with the knowledge to help women of all ages mature gracefully. In What They Don't Tell You About Menopause, Dr. Johnson discusses the various stages of menopause and what to expect throughout this natural aspect of life for women. From perimenopause to postmenopause, and everything in between, this book will be your guide through this daunting period of womanhood.

#### **The Hormonally Vulnerable Woman -**

Geoffrey Redmond 2005-09-20

A director of the Hormone Center of New York outlines cutting-edge medical and alternative strategies for safe hormone management, explaining how such conditions as acne, weight gain, and migraine headaches can be improved through a range of hormone-balancing treatments.

#### **Jump Off the Hormone Swing -**

Lorraine Pintus 2011-01-01

In Jump Off the Hormone Swing, Lorraine Pintus shares openly about the inner tension a woman can feel at certain times of the month between wanting to love her neighbor on one hand, and wanting to strangle her and shoot her ugly dog on the other. While many books discuss the physical and emotional symptoms of hormones, this is the first to explore in depth the spiritual aspects. Jump! is a mentoring book, not a medical book. The focus is on attitude, not anatomy. Lorraine shares insights from her own journey as well as wisdom from 1,500 women she surveyed. Sound biblical wisdom is laced with humor because after all, when it comes to hormones, you either have to laugh or cry, and laughing is better! Get answers to these questions: · What is the number one thing I can do to feel better physically? · How does PMS and perimenopause affect me spiritually? · Which foods ease PMS symptoms...which make them worse? · How do hormones affect my brain? · Why does stress make my PMS worse and what

can I do about it? · Are there benefits to PMS and perimenopause? (you'll discover 10!!) · How can God possibly love me when I hate myself? Includes a 10-week study for individual and group use.

**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. *Hormone Repair Manual* - Lara Briden 2021-02-23

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.

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

**The Complete Idiot's Guide to Menopause** - Deb Baker 2000-10-12

This guide, for women in their late thirties to late fifties, is meant to demystify the menopause condition, symptoms, remedies, side effects, and emotional impact. The information about remedies includes both traditional and alternative treatments. The author stresses the benefits of good nutrition and fitness.

*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 Other PMS** - LaKeisha W. McMillan 2020-01-18

We all know about pre-menstrual syndrome, or PMS--the dreaded mood swings, cramps, aches, and pains that women experience around their menstrual cycles. But how often have you seen or heard of that older woman who is constantly irritable, unfocused, low on energy, and just not the way she used to be? If this describes what

you're going through, have you been quick to attribute these personality changes to "just getting older," thinking that this is a life sentence? In *The Other PMS: Your Survival Guide for Perimenopause & Menopause*, Dr. LaKeisha McMillan debunks the myth that you are doomed to misery for the rest of your lives and demystifies the symptoms surrounding these changes. As we age, our hormones also change and might fall out of balance. *The Other PMS* guides you to keeping your hormones balanced and healthy throughout your life, therefore helping you look and feel your best physically, mentally, and emotionally.

**Perimenopause Preparing for the Change** - Nancy Lee Teaff 1996

The symptoms associated with menopause can begin fifteen years prior to the onset of menopause. During that early stage, called perimenopause, many women experience bewildering symptoms such as hot flashes, mood swings, irregular menstrual cycles, sleeping disorders, and what some describe as "PMS all month." Perimenopause has often been ignored in the past, and even the medical community is just becoming aware of its widespread presence in pre-menopausal women. Given that fact, it is wise to learn as much as possible about this process. In a jargon-free, reader-friendly style, "Perimenopause--Peparing for the Change discusses: - What perimenopause is, when it occurs, how to diagnose it, and what it means - Symptoms and solutions and natural versus medicated treatments - Wellness: stress relief, weight control, excercise, diet, and nutrition - Finding the right doctor and what to expect during an office visit - Fertility and infertility - Psychology, sexuality and perimenopause - Talking with other women: support groups and how to tell if you need them - The pros and cons of hormone replacement therapy (HRT) In order to be proactive in your health care you need to educate yourself. Menopause may have once changed women. But, when informed, women can change menopause. About the Authors Nancy Teaff, M.D., is a Fellow of the American College of Obstetrics and Gynecology. As a female infertility specialist, she saw a need for more information on menopause. Kim Wright Wiley is the best-selling author of "Walt Disney World with Kids. She is a contributing editor to

Working Mother magazine and writes regularly for "Family Fun, "Parents and"Parenting magazines.

**The Perimenopause Handbook** - Andrea Glover 2020-07-10

Did you know that perimenopause is a natural transition period that you go through to get to menopause? Not many women know about perimenopause, and it can start any time after the age of thirty-five. Your body is in charge of what happens. What is happening is that your hormone levels are declining as you get ready to stop ovulating and producing an egg every month to have a baby or, if not, to have your period. This can take up to ten years to happen, but don't despair, ladies, you do not have to suffer with lots of symptoms anymore during this ten years. My book has all you need to know about this transition-what you can do to control your symptoms and even reduce them to little or none for lots of women, symptoms such as hot flashes, anxiety, mood swings, loss of sleep, and brain fog to name just a few. I will explain the four key areas of how you can go through this transition seamlessly and take back control of your own body so it does not control you. The four 4 key areas are diet, lifestyle, exercise, and mindset. So, ladies, what are you waiting for? Read on as I guide you through this time of your life, which can be an awakening of you so you can look good and feel good as you age.

[The Everything Health Guide to PMS](#) - Dagmara Scalis 2007-08-01

Do you dread the days before your period? Are you curious about the latest traditional and alternative treatments that could quell your symptoms? Packed with resources, advice, treatment information, and clinical research, The Everything Health Guide to PMS helps you understand the symptoms, causes, risk factors, and types of PMS. The Everything Health Guide to PMS also gives dietary suggestions, explains the difference between PMS and more serious conditions like Premenstrual Dysphoric Disorder (PMDD), and offers a PMDD self-test, as well as authoritative advice on: What questions to ask your doctor; Treatments such as aromatherapy, acupuncture, and massage; Health issues stemming from PMS such as fibroids; Men and PMS; Perimenopause and menopause. The Everything Health Guide to PMS is a useful

resource to help you feel and look your best during that otherwise challenging "time of the month.

[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.

**Menopause Guidebook, 7th Edition** - Nams 2012-02-01

Just published in February 2012, the Menopause Guidebook, seventh edition, is the most complete and current discussion of the subject available anywhere. In its 60 pages is menopause help for perimenopause, early menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health. This edition includes updated menopause information based on recent scientific advances. The book is available to consumers and healthcare professionals at an affordable price in either the print or ebook version.

**The Change Before the Change** - Laura Corio 2013-05-22

The Essential Book for Every Woman Over 35 You're in the prime of life. As far as you know, menopause could be years away. So why is your body sending you such weird messages? Women

today can't afford to lose time and energy to the common, but often misdiagnosed, symptoms of perimenopause — from mood swings and stubborn extra pounds to hot flashes and insomnia — that precede menopause by as much as a decade. In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being:

- Hormone treatment before menopause, including all the new, natural, and low-dose forms that are making this a safe choice for more women
- Herbs, soy, and other alternative therapies that are backed by solid medical research
- How perimenopause affects fertility — and what to do if you want to get pregnant
- How your skin, hair, and nails reflect deeper changes — and how to make them vibrant again
- Ways to combat cancer fears — and what tests you absolutely must have
- Whether a high-protein diet is right for you — and what vitamins and minerals you should be taking
- What to do now to protect your breasts, uterus, bones, and heart in the years to come
- Diet and exercises to prevent or minimize symptoms, and much more!

**Hormone Balance** - Carolyn Dean 2005-07-01  
Mood swings. Weight gain. Fatigue. And that's just on your good days. Your hormones are out of whack—and you don't know what to do next. With *Hormone Balance* as your guide, you'll call on both traditional and alternative solutions to get you off that hormonal rollercoaster for good. No matter what your age or your issues, medical authority and naturopath Dr. Carolyn Dean has a plan for you—one that will help you balance your hormones and achieve greater overall health. Written in her engaging, easy-to-understand style, *Hormone Balance* is chock-full of information on all aspects of a woman's body: The truth behind PMS; Remedies for monthly challenges such as bloating and cramping; Causes and patterns of perimenopause; Pros and cons of HRT and natural hormones; Protection against osteoporosis; How exercise can make—or break—your hormonal cycle; Tips for a healthy hormonal diet—how to get the right foods and supplements; and more. With solid yet simple information, helpful facts, and prevention plans, *Hormone Balance* is all you need to feel like yourself again—in mind, body, and spirit!

**Before the Change** - Ann Louise Gittleman  
2003-12-23

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

**Menopause For Dummies** - Marcia L. Jones  
2011-04-18

Although menopause is a natural and inevitable stage in every woman's life, its physical, mental, and emotional manifestations can vary greatly from one person to the next. Add to this all of the conflicting "expert" information about the benefits, risks, and side effects to which women are exposed on a daily basis, and it's easy to see why most find it difficult to make informed choices about how to deal with their menopausal symptoms. Authored by a team of acknowledged experts in treating menopausal symptoms, *Menopause For Dummies* arms you with all the information you need to stay in control every step of the way. In plain English, it explains the role menopause plays in a variety of common health problems, such as osteoporosis, stroke,

and heart disease. It walks you through proven measures for minimizing your risk of developing complications through including diet and exercise, stress management, hormone replacement, and other techniques. And it arms you with authoritative, up-to-the-minute coverage of: Premenopause how to identify it and what it means The stages of menopause How menopause can affect your body, emotions, and libido The latest facts about hormone replacement therapy The pros and cons of various alternative treatments The best ways of handling hot flashes Easing symptoms with diet and exercise Preventing bone loss Helpful lifestyle changes With Menopause For Dummies in your corner you'll have a kinder, gentler "change of life."

**The Complete Idiot's Guide to Menopause** - Maureen Miller Pelletier 2000

Explains the cycles of a woman's life, and provides information on topics such as hormone replacement therapy, natural remedies, and metabolic changes.

**Female Brain Gone Insane** - Mia Lundin 2010-01-01

The first book to specifically address the emotional issues of hormonal and brain chemistry imbalances Do you wake up every morning feeling flat and like you are going through the motions? Feel wired but tired? Do you feel like it's all you can do to get through another day? Ambivalent or lackluster about life? Is your brain foggy and are you worried about your lack of sleep? If any of these questions pertain to you, you may feel like you have gone insane, but there is an emergency guidebook that can rescue you. Female Brain Gone Insane is the hands-on manual for women who feel like they are falling apart, losing it, or going "insane" and focuses on the emotional symptoms of hormone and brain chemistry imbalances associated with the combination of stress-filled lives and life transitions such as PMS, perimenopause, menopause, and postmenopause. Unlike other hormone books on the market, Female Brain Gone Insane is less focused on physiological changes such as bone loss and weight gain and instead tackles the legitimate panic and distress women feel as they experience symptoms associated with emotional and intellectual turmoil, including mood swings,

loss of concentration and/or memory, and mental acuteness, to name a few. Women who have asked 'Why do I feel like I am losing it?' 'How can I cope with the emotional changes I am experiencing?' and 'Will I ever feel like myself again?' will find real and compassionate help in this emergency guidebook. What's even more unique, is the author's contention that changes in the brain that affect a woman's mood, memory, concentration, and acuteness may not always be a hormone imbalance caused by menopause or other female-specific issues, as doctors often misdiagnose, but imbalances induced by the stress and anxiety levels associated with our fast-paced lifestyles that affect us at a deeper level. Bottom line, the key to a woman's well being is balanced brain chemistry, and Female Brain Gone Insane offers customizable solutions for every woman. Without lumping all women into one category, Female Brain Gone Insane helps each woman identify the symptoms of her particular emotional and psychological problems---be they depression, panic attacks, memory loss, or even acting out of character, and then offers support, information, and treatment so that she can rebalance herself. The core of the plan is to use bio-identical hormones (using the right hormone at the right time) and supplements carefully chosen to manipulate brain chemistry so that the body is happy again! Women will be liberated from their emotional turmoil with step-by-step, tailor-made rescue prescriptions based on the author's thriving practice of more than 3,000 satisfied patients. No more misdiagnoses or 'Band-aid' treatments such as antidepressants, birth-control pills, or even unnecessary surgeries Unique philosophy, accompanied with a combination of bio-identical hormones, nutritional supplements, good food, including targeted amino acid therapy, and lifestyle changes allows women to truly manipulate and support their brain chemistry Readers learn the basic science behind the intricate dance between their hormones and brain chemistry and are then encouraged to respect and identify their own emotional and physical symptoms Identifies the underlying causes of emotional symptoms and addresses women's unique biochemical composition with a new and unconventional approach to integrating bio-

identical hormones, targeted amino acid therapy, and other nutritional supplements.  
[I Just Want to Be Me Again](#) - Jeanne D Andrus  
2016-07-18

Did you get The Talk when you were a young girl? You know, the one about (shh) Your Period. Well, there's another change that happens to us women that's not talked about nearly enough. Menopause. If you're like author, the unanticipated changes and symptoms of perimenopause have you screaming "I just want to be ME again!" Her own journey through menopause led her to research what was happening to her and to figure out how to recapture her own zest for life. Jeanne Andrus shares her findings to help you understand what's going on in your body as you go through the menopause cycle. She explains what the changing hormones mean to your body, your mind, and your emotions. But she doesn't stop there. Andrus offers practical suggestions for simple lifestyle changes to help you: Understand the messages of your symptoms Balance your hormones Tame the symptoms of menopause Find the best diet plan for you to lose weight and feel fantastic Discover the right exercise program for your stage of menopause If you want to find your way to the YOU you want to be, this book is your guide! "

[A Woman's Guide to Menopause & Perimenopause](#) - Mary Jane Minkin 2005-01-01  
Provides valuable new information on menopause and how women should approach it in a handbook that offers sound guidance for women dealing with the physical and emotional health issues surrounding menopause, covering such topics as hormone replacement therapy, PMS, treatments for the symptoms of menopause, osteoporosis, cancer prevention, and sexuality. Original.

[Everything You Need to Know About the Menopause \(but were too afraid to ask\)](#) - Kate Muir 2022-01-20

An eye-opening, no-holds-barred guide to the perimenopause and menopause written by campaigner, journalist and documentary-maker Kate Muir. Everything You Need to Know About the Menopause (and were too afraid to ask) is the thinking woman's guide to the menopause, bringing you answers to all those questions that have been hidden behind a veneer of misplaced

shame, bad science and centuries of patriarchy. · What's the perimenopause and when will it strike? (It's sooner than you think) · What's happening to my body - and my mind? · Why can't I stop thinking about sex in perimenopause? · How do I get my sex drive back after menopause? · How do I look after my body and brain when my hormones disappear? Muir draws on interviews with the leading medical experts in the field, interlaced with her own tumultuous journey through the menopause and the personal stories of women from all walks of life, sharing their varied experiences and hard-earned wisdom. Muir also questions why the current medical establishment is getting the menopause so wrong, as she debunks the myths that surround hormone replacement therapy and exposes the sloppy science and hysterical headlines that have had a negative impact on women's health for the last twenty years. It's essential that we understand the biology of our own bodies during this critical period that will define the latter half of our lives. With the help of a panel of doctors, scientists and health experts, Muir unpacks the science behind hormones and ageing, and takes a close look at the different options available for treating both body and mind during the profound changes that take us into midlife and beyond. What she discovers is that both symptoms and treatment are far more extensive and diverse than we might expect. The menopause is the whole package, and the treatment needs to be too, with impacts as wide ranging as preventing Alzheimer's, boosting sex drive and protecting mental health. This ground-breaking guide is a social, cultural and scientific exploration into a criminally overlooked and under-discussed phenomenon that will affect one billion of us by 2025. And it is a manifesto for change, calling for equality in healthcare and an entirely new approach to women's health.

[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.

**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?