

Hot Flush Motherhood The Menopause And Me

At the age of thirty-three, Michelle Heaton, singer, TV presenter, star of the hit ITV show *The Real Full Monty*, mother and wife underwent a double mastectomy and hysterectomy to reduce the risk of cancer caused by the BRCA gene mutation. The journey that Michelle's body embarked upon following the surgeries led her into the menopause in her mid-thirties. In *Hot Flush*, Michelle traces her path from pop stardom with Liberty X through her burgeoning television career and how she came to discover the truth about the gene mutation and its consequences for her. Though her story is undoubtedly unique, what's not is her understanding of living and dealing with the menopause as a hardworking mother and wife, and it is this wisdom that she wants to share with other women - over 13 million women in the UK - estimated to be experiencing the menopause. Candid and honest, *Hot Flush* details Michelle's struggles with dealing with the menopause in her own head as well as in her marriage, family life and the work place. She details the emotional and physical challenges she has faced - the explosive moods, the hot flushes and the mourning of the loss of a woman's sex appeal. Along the way, she offers real help and advice on how to stay healthy in mind and body. Inspiring, raw and unflinchingly honest, *Hot Flush* is a candid approach to introducing your body to its next chapter.

Supported by the latest scientific data, this book serves as a guide to the clinical assessment of women's health during the second half of life (post-reproductive years), including approaches to the management of the most frequent age-related diseases and disorders and the most recent advances in treatment. In addition, it discusses preventive aspects of healthcare in post-reproductive women, identifying lifestyle measures to enhance healthy aging. By highlighting research gaps, it promotes the development of quick and easy-to-use assessment tools and predictive markers of age-related co-morbidities. As such, the book is a valuable resource for researchers and clinicians alike.

Surgical menopause is a different beast when compared to natural menopause. No worse, no better. Just different. It involves removing a sizeable chunk of our endocrine system, and yet the majority of us are sent on our way after surgery with little more advice or information than: 'lift nothing heavier than a kettle of water for six weeks, and refrain from sex for the same duration'. *Not Your Typical Menopause* is a unique collection of narratives from women with lived experience of surgical menopause. Open, honest, courageous and brutally frank. If a surgical menopause is looming for you, this book will help ensure you are better informed and better able to meet some of the unique challenges that will likely ensue. Because, when it comes to our health, forewarned is indeed forearmed, and knowledge is power.

Are you missing the vibrant, exciting sex life you used to have? Do you avoid sex because it is uncomfortable? Or even painful? Are you faced with diabetes, heart disease, cancer, or another illness that makes sex more challenging? Have you lost interest in sex altogether? Are you ready to . . . love sex again? For millions of women in America, sex is not the pleasurable, fun activity it once was. For many, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience—whether due to PMS or pregnancy or while postpartum or perimenopausal, and beyond—and it is not surprising that sex becomes, well, a little less sexy. Common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. If you've been unwilling or afraid to talk to your doctor about your problems in the bedroom, or if you have asked your physician for help and want advice beyond "take a bubble bath" or "try a lubricant," then *Love Sex Again* is your guide to reclaiming the sex life you want . . . and deserve! Meet Lauren Streicher, the doctor who will change your life. Dr. Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom once and for all. In *Love Sex Again*, Dr. Streicher covers the full scope of issues regarding sexuality—from flagging libido to vaginal dryness to sex after menopause, and so much more. She cuts through the hearsay on the use of hormone replacement therapy and discusses which hormonal products women of all ages can and should use, and why. She explains why some women experience a complete loss of libido due to medication, birth control, or a cycle of painful sex that basically shuts down desire—and how to reverse this trend. She illustrates the possible sources of sexual discomfort—everything from skin disorders to endometriosis—and offers solutions on drugs and treatment that can stop the pain. And, for the first time, Dr. Streicher helps women who have endured medical issues such as heart disease, diabetes, and cancer to reclaim sex as a part of their lives during and after treatment. Knowledge is always the best weapon—and *Love Sex Again* offers a wealth of it, along with a good dose of humor and plenty of encouragement, so that women of all ages can make having great sex a part of their lives forever.

With the right tools, you can change your experience of menopause. In this supportive book, and its ten relaxing audio downloads, mindful hypnotherapist Sophie Fletcher equips you with powerful skills to manage the challenges of perimenopause and menopause. Drawing on years of experience helping women at times of transition, Sophie will show you: Effective ways to harness the mind, body and hormone connection Visualisations, affirmations and mindfulness exercises to reduce anxiety and stress Techniques to ease insomnia, weight gain and hot flushes *Mindful Menopause* will ensure you feel empowered, in control and ready to embrace this liberating time of life.

It's time to change the global menopause conversation. Let's stop talking just in terms of the stereotyped sweaty, hot-flush beleaguered female, the infertile crone or the wise woman – the reality of the menopause experience is so diverse and deserves to be heard. *M-Boldened: Menopause Conversations We All Need to Have* is a book about menopause unlike any other. Its contributors, speaking from many different walks of life, open up the conversation in new and profound ways for people across the globe. Recognising menopause as a human rights issue that affects everyone everywhere, these 21 chapters cover an astounding range of perspectives, from harrowing experiences of surgical menopause, the impact on relationships and hormonal realities of transitioning, to revelations of shocking neglect in the UK criminal justice system and compelling

chapters on menopause as a time of activism, rage, reawakening, transformation and realising your own power. The honesty, intimacy and passion shared in these pages will make you see menopause in a whole new light. Each chapter shapes a much-needed courageous conversation about how we can and should view menopause and midlife. Read on to be part of the new conversation.

From the bestselling author of *Between Husbands and Friends* and *An Act of Love* comes a wise, wonderful, and delightfully witty “coming of age” novel about four intrepid women who discover themselves as they were truly meant to be: passionate, alive, and ready to face the best years of their lives. Meet Faye, Marilyn, Alice, and Shirley. Four women with skills, smarts, and secrets—all feeling over the hill and out of the race. But in a moment of delicious serendipity, they meet and realize they share more than raging hormones and lost dreams. Now as the Hot Flash Club, where the topics of motherhood, sex, and men are discussed with double servings of chocolate cake, they vow to help each other . . . and themselves. Faye, the artist. A determinedly cheerful widow and connoisseur of control-top pantyhose, she’s struggling with creative block and an empty, lonely house. Now she’s got a tricky problem to bring to the club’s table: how can they catch her perfect son-in-law cheating on her only daughter Laura? Shirley, the healer. Though her yoga-slender body belie her years, decades of dating losers and the strain of being broke make her feel her age. Shirley has a secret dream: a wellness spa that nurtures body and soul. But first she needs to believe in herself, in her abilities, and in her friends at the club. Marilyn, the brain. A paleontologist who has spent so many years looking at dried-up fossils, she’s almost become one herself. Worried that her brilliant but nerdy son is about to marry the very wrong woman, she gets some help from the HFC, who transform her from a caterpillar to a butterfly, with amazing results. Alice, the executive. Black and regal, she soared to the top of the corporate ladder. Now her shoes are murder on her arthritic back and the younger jackals are circling in for the kill. But as the inspiration behind the HFC, she’s about to discover something extraordinary: contentment. For Faye, Shirley, Marilyn, and Alice, the time has come to use it or lose it—be it their bodies, their brains, their spirits, and their sense of fun. Together they realize that they can have it all, perhaps for the first time in their lives. And though what sags may never rise again, feeling sexy has no expiration date— and best of all, with a little help from her friends, a woman can always start over . . . and never, ever, give up what matters most.

Understanding how the brain grows and changes through the stages of life is key to health and wellbeing. This is not a book about the differences between male and female brains, nor a book using neuroscience to explain gender-specific behaviours, the 'battle of the sexes' or 'Mars-Venus' stereotypes. This is a book about what happens inside the brains and bodies of women as they move through the phases of life, and the unique - and often misunderstood - effects of female biology and hormones. Dr McKay give insights into brain development during infancy, childhood and the teenage years (including the onset of puberty) and also takes a look at mental health as well as the ageing brain. The book weaves together findings from the research lab, case studies and interviews with neuroscientists and other researchers working in the disciplines of neuroendocrinology, brain development, brain health and ageing. This comprehensive guide explores the brain during significant life stages, including: In utero Childhood Puberty The Menstrual Cycle The Teenage Brain Depression and Anxiety Pregnancy and Motherhood Menopause The Ageing Brain

"Brutally honest, eye-wateringly detailed, funny, informative and crammed with practical advice ... compelling, essential reading." You magazine "I want to break down the taboos and communicate frankly about the menopause ... This book is about giving you the knowledge of what to look out for and how to own it." Meg Mathews When Meg Mathews hit menopause she was shocked at the lack of awareness, understanding and support shown to women - and also found the information available far too dreary. After getting her symptoms under control she became determined to help other women avoid an experience like hers. The New Hot is her no-holds-barred guide to menopause designed to entertain and empower women in equal measure. It's full of Meg's personal insights as well as the latest information and advice from a wide range of menopause and lifestyle experts. Together they cover a wide range of issues, including: - What the hell is going on? (a meno-audit of the 34 possible symptoms and how to start taking control) - Hey Doc! I need help (how to ask your GP for the right support and treatment for you) - Eat to beat your hormones (food as medicine, gut health, supplements and a meno-friendly eating plan) - Look alive (skin-saving beauty and style tips) - Vagina SOS (all about 'down-there' healthcare and two pelvic floor exercises that really help) - To HRT or not HRT? That is the question (the hot topic of benefits, options, risks and who can have it) - Menopause au naturel (managing menopause symptoms naturally when HRT isn't for you) - Let's get physical (why exercise matters, how to do it and a 5-minute workout) - Meg's meno-dictionary (a quick guide to medical terms your doctor might use) Honest, empowering and entertaining, The New Hot will help you take on the menopause - and keep your sense of self, style and humour intact. Two-colour throughout with line illustrations. Erratum: The expert's view on pp. 224-225 of The New Hot was incorrectly attributed to Tania Adib. Please note that it was written by Dr Larisa Corda, Obstetrician, Gynaecologist and Fertility Expert.

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

'Maisie's knowledge of hormones changed my life... you need this book' - Anna Jones An empowering guide to make perimenopause and menopause a positive experience.

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, a women's health practitioner, founder of The Flow Collective, and bestselling author of Period Power, 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.

Nearly one-half of an American woman's life is spent after the cessation of reproductive function. A woman of 40 years has an additional life expectancy of nearly 40 years; a woman of 75, over 11 years. This pattern of longevity is likely to continue, so that by the year 2000, it has been estimated, 30 percent of the female population will be postmenopausal. While it is difficult to separate the results of aging from those of estrogen deprivation, it is important that we try to do so, since the results of the latter are amenable to treatment. The medical infirmities resulting from estrogen deprivation take a high toll among postmenopausal women. Nearly 200,000 hip fractures occur annually in this group, resulting in 15,000 deaths and a high morbidity rate. Sleep disorders, compromised sexuality, psychomotor alterations of the climacterium, and urinary tract disorders all contribute to a lowered quality of life. Appropriate treatment of these disturbing postmenopausal conditions requires an understanding of the underlying bio chemical, endocrinologic, psychologic, and pathophysiologic alterations of estrogen deprivation. Toward this end, the reader will find herein chapters dealing with estrogen metabolism in the postmenopausal female, end-organ response to estrogen deprivation, and bone metabolism and osteoporosis. Next, the reader will find chapters dealing with specific organs, organ systems, or conditions related to the quality of life; for example, sexuality, urinary tract problems, sleep disorders, the breast, sports and exercise, the climacteric, and the psycho biology of the menopause.

Menopause hit Darcey Steinke hard. First came hot flushes. Then insomnia. Then depression. As she struggled to understand what was happening to her, she slammed up against a culture of silence and sexism. Some promoted hormone replacement therapy, others encouraged acceptance, but there was little that offered a path to understanding menopause in an engaged way. Flash Count Diary is a powerful exploration into aspects of menopause that have rarely been written about. It is a deeply feminist book, honest about the intimations of mortality that menopause signals but also an argument for the ascendancy, beauty and power of the post-reproductive years in women's lives.

*'Furious and addictive' New York Times *'Urgent, deeply moving, wholly original' GEORGE SAUNDERS *'A dazzling lightning bolt of a novel' JENNY OFFILL *'Fiercely funny and deliciously subversive' YIYUN LI Just as it seems she has it all, Samantha Raymond's life begins to come apart: Trump has been elected, her mother is ill and her teenage daughter is increasingly remote. At fifty-two she finds herself staring into 'the Mids' - those night-time hours of supreme wakefulness where women of a certain age contemplate their lives. In Sam's case, this means motherhood, mortality, and the state of an unravelling nation. When Sam falls in love with a beautiful, decrepit house on the wrong side of town, she buys it on a whim and flees her suburban life - and her family - in an attempt to find beauty in the ruins. 'Exhilarating. . . A virtuosic, singular and very funny portrait of a woman seeking sanity and purpose in a world gone mad' New York Times Book Review 'What begins as a vertiginous leap into hilarious rabbit holes ends as a brilliant meditation on mortality and time. How does she do it? Only Dana Spiotta knows. I'm just happy to see her work her magic' Jenny Offill

'Read this book! It's so brilliant, it's really going to help you.' Zoe Ball 'Brilliantly practical, down-to-earth guide ... It's like sitting down with a good friend who has the best advice.' Psychologies magazine ___ The menopause. An emotionally complex issue that can trigger a whole host of physical and mental side effects. So why aren't we talking about it? This is the book that Andrea McLean wished for as she found herself in uncharted territory, grappling with the physical aftershock of a hysterectomy and the psychological fallout of a difficult menopause. Typically candid, covering all you need to know, including tips and tricks on diet, exercise and even your sex life, Andrea brings her trademark humour and honesty to a very hot topic. ___ Readers love Confessions of a Menopausal Woman: 'Brilliant read. Warm, funny, inspiring and oh so true.' 'Practical, honest . . . written in Andrea's comfortable, emotive, humorous, around-the-kitchen-table style!' 'Reading this book not only helped me to understand my symptoms but it also helped me to realise that I am not going through this alone.'

Women's Lives: A Psychological Exploration, 3rd Edition draws on a wealth of the literature to present a rich range of experiences and issues of relevance to girls and women. This text offers the unique combination of a chronological approach to gender that is embedded within topical chapters. Cutting-edge and comprehensive, each chapter integrates current material on women differing in age, ethnicity, social class, nationality, sexual orientation and ableness. The third edition reflects substantial changes in the field while maintaining its empirical focus through engaging writing, student activities, and critical thinking exercises. With over 2,100 new references emphasizing the latest research and theories, the authors continue to pique interests in psychology of women.

You might have earned your wrinkles if: You are married to a Wrinkle Maker, like I am. Like me, you bought the best bathing suit of your life, then saw a maternity tag on it, and it fit! You called your gynecologist by mistake to make a dental appointment, and then told her it was an emergency and you had a large cavity to fill. If so, we must be related. Your husband asked the plastic surgeon if he charges per wrinkle. Then he asked for a payment plan. You've reached the point where all of your children look alike. You run through the list of kid's names until one finally

answers. Your brow has furrowed so long and hard while you tried to remember why you came to the store that you gave yourself new wrinkles. (Only to realize that you were there for wrinkle cream!) Sound familiar? If so, join me and let's celebrate a life filled with laughter, joy, fury, love, memory loss, pure confusion, estrogen, and lack of estrogen, hot flashes, and I forget what else. I hope you enjoy the ride!"

"The future doesn't frighten me, but sometimes I wish there was help, a type of midlife mom roadside assistance-someone who would show up exactly when you need it and tell you how to handle the problem." -Janice Stewart, mother at thirty-nine to Joshua What's a woman to do when she's facing menopause, toddlers, and elder care all at the same time? Women who have "been there and done that" provide some insight in *Midlife Motherhood*. Offering humor, warmth, and frankness, this is a handholding guide for the uninitiated. What's on their minds: · Common fears and concerns: from Down's syndrome to being too old · Fertility challenges and what to physically expect from pregnancy · How to juggle postpartum demands-parenting, working, caring for aging parents . . . and all at once! · Getting back into shape · Hot flashes and warm bottles: coping with hormonal changes while caring for a new baby

The essential guide for women over 40 who are on the peri-menopausal roller coaster of hormone fluctuations, and would like to get their mojo back! Natural and practical solutions for lasting weight loss, boundless energy, balanced moods and hormone harmony, along with a comprehensive 30 day plan to get results fast.

*** 'Are you aging fabulously? Here's how.' Anna Murphy, *The Times* 'A lovely book celebrating female beauty over 40.' *Top Sante* 'You become what you see. What you see determines what you believe - and the most powerful way of inspiring people is with images. My goal with *AndBloom* is to motivate women to embrace life without fear. To provide examples of women between the age of 40 and, currently, 100, so that any woman can open this book and see themselves recognized.' Denise Boomkens launched the *AndBloom* project on Instagram in 2018, to create a 'happy place for women over 40' - a community where women can be themselves and where aging is celebrated instead of feared. In this, her first book, she shares her own experiences of aging and brings together portraits and interviews with more than 100 extraordinary 'ordinary' women to create both a gloriously illustrated celebration of female beauty over 40 and an empowering handbook to aging happily.

THE CLOCK TICKER'S REPRIEVE tells the stories of five women who freeze their eggs and chronicles how it affects their lives.

Discourses of menopause are varied and complex, just as the lives of women themselves are diverse and multifaceted. Traditionally, menopause has signalled the end of the child-bearing years and the "change of life," a time when women might experience a great deal of change, in many ways. But menopause can also be understood as a natural physical change, or a time of hormonal change, or as a passage from one way of life to a different one, often accompanied by emotional flux and changes in ways women think about themselves. For this study of menopause and women's lives, using life story methodology I have gathered information, anecdotes, poems, and personal revelations through interviews conducted with ten women. Drawing on the stories of their lives, I have explored the ways women think about their experience of menopause and related aspects of their lives. The feminist poststructuralist framework I have used consists of two elements, poststructuralism and feminism. The poststructuralist framework uses theories of language and concepts of discourse, dualisms, subjectivity and consciousness, power, diversity, and context. Taking a feminist approach to poststructuralism enables women's voices to be recognized as meaningful within this framework, while acknowledging the possible restrictions of society's structures as well as women's agency in their personal lives and within society. From a poststructuralist perspective, the aim is to increase understanding through a multiplicity of methods, from exploring the historical background and existing research on menopause, and presenting the data in a variety of ways. In this research, the data is displayed in a form that enables readers to read and reflect on what the women say and on their creative writing, with minimum input from the researcher. Separately, the data is examined from the perspective of feminist sociology. The research process, for myself, was one of learning through talking with other women, delving into different forms of knowledge, and coming to think in new ways.

'Filled with a wealth of invaluable information...after reading this you will feel empowered and ready to take on the world' - Lorraine Kelly OBE The ultimate guide to looking and feeling your radiant best throughout the perimenopause, menopause and beyond 'I have always found it curious that we talk openly about pregnancy and birth but when it comes to an equally important phase in our lives - the menopause - there is an audible silence... I want all of you who read this book to know you have the tools to feel and look your radiant best. And more than that, I want my daughters - and yours - to embrace the menopause as simply another phase in our lives which is natural and liberating.' Liz Earle, MBE, is one of the world's most respected and trusted authorities on wellbeing. Following on from her bestselling books *Skin* and *The Good Gut Guide*, this beautifully illustrated guide shares all of the information, tips and advice you need for a healthy menopause. She provides guidance on how to balance your hormones, the importance of a nourishing diet, the myths and facts about HRT, osteoporosis, how to optimise bone health, and how to boost energy and self-esteem. An expert on beauty, Liz Earle also provides advice on how to take special care of skin, hair and nails, and how to combat ageing with supplements. She also shares 60 nutritious recipes - including many suitable for vegetarians - to help you feel and look your best. 'Liz Earle's practical, honest and uplifting book will help women become stronger as we navigate the Menopause. It's time to celebrate a new chapter in our lives' - Kirsty Wark

A MOTHER, A FULL MOON, AND MENOPAUSE. WHAT COULD GO WRONG? The last thing that Gillian Campbell wants is more change in her life. After all, she recently lost her business and moved to the country. She's just trying to unpack, get her kids to eat breakfast, and successfully conquer the school drop-off. And now her doctor is telling her that she's in menopause? What the hell? She's only forty-two! As Gillian grapples with what she hopes will be the last big change for a while, she discovers that she's only at the tip of the iceberg and that all those words used to describe menopause, like 'the change' and 'transitions', were not just metaphorical. **THIS IS A WEREWOLF TALE WITH A TWIST**

THE SUNDAY TIMES BESTSELLER *A Times, Sunday Times, Daily Telegraph, Daily Mail, Radio Times, Daily Herald and FT Book of the Year* 'I was born with a warped sense of humour and when I was carried home from being born it was Coronation Day and so I was called Victoria but you are not supposed to know who wrote this anyway it is about time I unleashed my pent-up emotions in a bitter comment on the state of our society but it's not quite me so I think I shall write a heart-warming story with laughter behind the tears and tears behind the laughter which means hysterics to you Philistines...' From 'Pardon?' by Vicky Wood, *Aged 14*. *Bury Grammar School (Girls) Magazine*, 1967 In her passport Victoria Wood listed her occupation as

'entertainer' - and in stand-up and sketches, songs and sitcom, musicals and dramas, she became the greatest entertainer of the age. Those things that might have held her back - her lonely childhood, her crippling shyness and above all the disadvantage of being a woman in a male-run industry - she turned to her advantage to make extraordinary comedy about ordinary people living ordinary lives in ordinary bodies. She wasn't fond of the term, but Victoria Wood truly was a national treasure - and her loss is still keenly felt. Victoria had plenty of stories still to tell when she died in 2016, and one of those was her own autobiography. 'I will do it one day,' she told the author and journalist Jasper Rees. 'It would be about my childhood, about my first few years in showbusiness, which were really interesting and would make a really nice story.' That sadly never came to pass, so Victoria's estate has asked Jasper Rees, who interviewed her more than anyone else, to tell her extraordinary story in full. He has been granted complete and exclusive access to Victoria's rich archive of personal and professional material, and has conducted over 200 interviews with her family, friends and colleagues - among them Victoria's children, her sisters, her ex-husband Geoffrey Durham, Julie Walters, Celia Imrie, Dawn French, Anne Reid, Imelda Staunton and many more. What emerges is a portrait of a true pioneer who spoke to her audience like no one before or since.

'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

WHY NOW? WHY ME? Today, millions of women in their twenties and thirties, many of whom are just beginning to plan a family, are receiving the shocking news that their reproductive years are already over. They are in premature menopause -- menopause years before its time. Whether due to an autoimmune disorder, surgery, chemotherapy, radiation, or the often undiagnosed condition known as Premature Ovarian Failure (POF), premature menopause is common, increasing -- and almost always traumatic. If you are one of the women experiencing early menopause, you have hundreds of questions, but have probably found few answers...until now. The Premature Menopause Book is the first book focusing on this difficult transition -- written by a woman who faced the same questions: What can I do about it? Do I need hormones? How can I have a baby despite this condition? How can I feel like "me" again? The Premature Menopause Book provides the latest information on health and emotional issues, explores all of your options, lists resources, websites and support groups, shares the experiences and advice of women going through this experience, answers frequently asked questions and offers the support and understanding you need.

Blogger Marcia Kester Doyle tells it like it is and nothing is off limits. Who Stole My Spandex? is a witty selection of stories from Doyle's madcap world of menopausal pitfalls, wardrobe malfunctions, and a family full of pranksters. This clever compilation includes laugh-out-loud pieces like "Queen of Klutz," "One Size Fits None," and "Hands off my Egg Roll!" From couples' colonoscopies to nightmare holidays to disappearing spandex, no topic-no matter how crazy or unimaginable-is too taboo. With a heavy dose of self-deprecating humor, and a dash of sentiment, this marvelous collection of anecdotes will resonate with anyone who's ever felt the call of nature at exactly the wrong time. Welcome to the nuthouse that Marcia Kester Doyle calls home.

The distillation of the wisdom, insight, and practical advice gathered during Nancy London's years as a support-group leader, "Hot Flashes, Warm Bottles" is the first guidebook written for the multitudes of older moms. London recognizes that the concerns of these moms are unique, as different from those of young mothers as they are from older mothers with grown children. The story she has to impart is her own, both in its surprises and challenges, delights and triumphs, and it's one that no midlife mother should be without.

Eliza is angry. Very angry, and very, very hot. A new novel about the menopause from Georgie Hall.

A surprising look at the role of menopause in human history—and why we should change the ways we think about it Are the ways we look at menopause all wrong? Susan Mattern says yes and, in The Slow Moon Climbs, reveals just how wrong we have been. From the rainforests of Paraguay to the streets of Tokyo, Mattern draws on historical, scientific, and cultural research to show how perceptions of menopause developed from prehistory to today. For most of human history, people had no word for menopause and did not view it as a medical condition. Rather, in traditional foraging and agrarian societies, it was a transition to another important life stage. Introducing new ways of understanding life beyond fertility, Mattern examines the fascinating "Grandmother Hypothesis," looks at agricultural communities where households relied on postreproductive women for the family's survival, and explores the emergence of menopause as a medical condition in the Western world. The Slow Moon Climbs casts menopause in the positive light it deserves—as an essential juncture and a key factor in human flourishing.

A book of natural wonders, practical guidance and life-changing empowerment, by the author of the word-of-mouth bestseller If Women Rose Rooted. 'To live an enchanted life is to pick up the pieces of our bruised and battered psyches, and to offer them the nourishment they long for. It is to be challenged, to be awakened, to be gripped and shaken to the core by the extraordinary which lies at the heart of the ordinary. Above all, to live an enchanted life is to fall in love with the world all over again.' The enchanted life has nothing to do with escapism or magical thinking: it is founded on a vivid sense of belonging to a rich and many-layered world. It is creative, intuitive, imaginative. It thrives on work that has heart and meaning. It loves wild things, but returns to an enchanted home and garden. It respects the instinctive knowledge, ethical living and playfulness, and relishes story and art. Taking the inspiration and wisdom that can be derived from myth, fairy tales and folk culture, this book offers a set of practical and grounded tools for reclaiming enchantment in our lives, giving us a greater sense of meaning and of

belonging to the world.

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

The Ageless Woman weaves the timeless wisdom of Ayurvedic medicine with the latest medical discoveries into a unique, highly-effective anti-aging guide for women.

FROM THE EDITORS OF THE CLASSIC "BIBLE OF WOMEN'S HEALTH," A TRUSTWORTHY, UP-TO-DATE GUIDE TO HELP EVERY WOMAN NAVIGATE THE MENOPAUSE TRANSITION For decades, millions of women have relied on *Our Bodies, Ourselves* to provide the most comprehensive, honest, and accurate information on women's health. Now, in *Our Bodies, Ourselves: Menopause*, the editors of the classic guide discuss the transition of menopause. With a preface by Vivian Pinn, M.D., the director of the Office of Research on Women's Health at the National Institutes of Health, *Our Bodies, Ourselves: Menopause* includes definitive information from the latest research and personal stories from a diverse group of women. *Our Bodies, Ourselves: Menopause* provides an in-depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes, mood swings, and night sweats. In clear, accessible language, the book dispels menopause myths and provides crucial information that women can use to take control of their own health and get the best care possible. *Our Bodies, Ourselves: Menopause* is an essential resource for women who are experiencing -- or expecting -- menopause.

When Ada Calhoun found herself in the throes of a midlife crisis, she thought that she had no right to complain. She was married with children and a good career. So why did she feel miserable? And why did it seem that other Generation X women were miserable, too? Calhoun decided to find some answers. She looked into housing costs, HR trends, credit card debt averages and divorce data. At every turn, she saw a pattern: sandwiched between the Boomers and the Millennials, Gen X women were facing new problems as they entered middle age, problems that were being largely overlooked. Speaking with women across America about their experiences as the generation raised to 'have it all,' Calhoun found that most were exhausted, terrified about money, under-employed, and overwhelmed. Instead of their issues being heard, they were told instead to lean in, take 'me-time' or make a chore chart to get their lives and homes in order. In *Why We Can't Sleep*, Calhoun opens up the cultural and political contexts of Gen X's predicament and offers solutions for how to pull oneself out of the abyss - and keep the next generation of women from falling in. The result is reassuring, empowering and essential reading for all middle-aged women, and anyone who hopes to understand them.

Confront menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source.

Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options.

Unlike other books, *Mayo Clinic The Menopause Solution* is comprehensive, easy to navigate, and authoritative.

Features include:

- A complete look at what happens to your body before, during, and after menopause.
- Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy
- Sidebars, lists, and summaries to make finding information a cinch

Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health.

Professional, accessible, and essential for any woman entering menopause, *Mayo Clinic The Menopause Solution* offers everything you need to take charge of your own health and get the best care from your doctor.

A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a

radically positive fashion, suffused with a sense of vital awakening and “re-wilding” of a woman’s sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body’s inner intuitive wisdom and heart energies, remove the “performance pressure” of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going “beyond” sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

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!

Hot flashes. Vaginal atrophy. Social stigma. The comics in this unapologetic anthology prove that when it comes to menopause and its attendant symptoms, no one needs to sweat it alone. Featuring works by comics luminaries such as Lynda Barry, Joyce Farmer, Ellen Forney, and Carol Tyler, Menopause is the perfect antidote to the simplistic, cheap-joke approach that treats menopause as a cultural taboo. This anthology challenges stereotypes with perspectives from a range of life experiences, ages, gender identities, ethnicities, and health conditions. Other contributors include Maureen Burdock, Jennifer Camper, KC Councilor, MK Czerwiec, Leslie Ewing, Ann M. Fox, Keet Geniza, Roberta Gregory, Teva Harrison, Rachael House, Leah Jones, Monica Lalanda, Cathy Leamy, Ajuan Mance, Jessica Moran, Mimi Pond, Sharon Rosenzweig, Joyce Schachter, Susan Merrill Squier, Emily Steinberg, Nicola Streeten, A. K. Summers, Kimiko Tobimatsu, Shelley L. Wall, and Dana Walrath.

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