

How To Get A Womans Hormones Up

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.

Dealing with the Psychological and Spiritual Aspects of Menopause - Dana E King 2014-02-25

Turn menopause and midlife into a positive experience Dealing with the Psychological and Spiritual Aspects of Menopause examines the emotional toll of menopause, offering help for the worry, anxiety, stress, and depression women can face during the midlife years. Instead of focusing on estrogen, hormones, and osteoporosis, the book shares up-to-date research findings on the link between spiritual and emotional health. Women from different backgrounds and spiritual traditions will find hope in the healing power of the mind/body/spirit connection as they gain a healthy perspective of the changes taking place and restore balance to their lives. Dealing with the Psychological and Spiritual Aspects of Menopause goes beyond the traditional medical approach to examine ways women can make peace with the changes they face at midlife. This unique book informs, empowers, and enlightens women about the opportunities for personal and spiritual growth during menopause, offering strategies for exercise, meditation, prayer, and counseling. The authors offer a new perspective on menopause that offers hope in the face of the stress, worry, hot flashes, and often-overwhelming responsibilities women face at the midlife. This book demonstrates that women can do more than just “make it through” menopause. The authors show that menopause can become a positive experience for women as they discover new avenues for finding peace and hope to sustain them through the challenges of mid-life—and beyond. Dealing with the Psychological and Spiritual Aspects of Menopause examines alternative aspects of menopause, including: dealing with emotional loss on top of physical and psychological changes moods, attitudes, and depression the benefits of counseling and group support exercise as a treatment for anxiety and depression the work experience spiritual issues special challenges of the perimenopausal period and much more! Dealing with the Psychological and Spiritual Aspects of Menopause is a vital resource for physicians, counselors, therapists,

and psychologists, and especially for the women they treat.

Estrogen - Quinn Spencer 2018-06-15

Would it help to understand your female hormones better? Estrogen, along with two other hormones, greatly affects fertility, blood pressure, temperature, the reproductive system, emotions, and sexual desires. When you think about it for a moment, it is unbelievable that billions of women go through life with all these fluctuating hormones in their bodies without ever coming to an understanding of what they do to them. They may find themselves having mood swings, hot flashes, or get a burst of lust without realizing where those things are coming from or how to control them. Understanding estrogen is crucial, and men would also greatly benefit from understanding the women they work with, including their own mothers, daughters, or wives. What if you could influence your estrogen levels, so that you could be more in control, minimize negative symptoms or sudden urges and emotions, or understand yourself better (and therefore, blame yourself less for mistakes you make)? Wouldn't this change your life? In this clear, concise guide to understanding the impact and effects of estrogen levels, you will learn more about essential subtopics, such as: The main ways how estrogen affects your body, your other hormones, your health, and your emotions. Important facts about male and female fertility (and infertility). The reason why estrogen dominance can speed up the aging process. Crucial foods that help reduce estrogen dominance. What you should know about the menopause, and how to handle it the best way. How to prevent hair loss and breast cancer by avoiding chemical estrogens. How to increase women's desire for sex significantly. Knowing about estrogen and what it does, is huge! Everyone should learn more about it, and yet, so many people don't. Get smarter. Learn more about yourself and others. This hormone is flowing through your body. It is part of who you are. It would be better for you to understand what is going on inside of you. Add this book to your cart. You won't regret it.

Rushing Woman's Syndrome - Dr. Libby Weaver 2017-06-27

Do you often feel overwhelmed, and in a daily battle to keep up? That you rarely get on top of your to-do list, and at times feel out of control and unable to cope? If so, you may be experiencing the first signs of Rushing Woman's Syndrome...Never before have women been in such a hurry to do so many things and be there for so many people. The pace of modern life has drastically increased – but even though our minds can go faster and technology allows us to get more done, our bodies still have cavewoman-like biology – which means they cannot respond healthily to the new and constant pressures we experience. In this book, nutritional biochemist Dr Libby Weaver explains how a stressful, fast-paced lifestyle can have dangerous effects on all areas of a woman's health, including: • Nervous system – how an imbalanced nervous system may be causing you to gain weight and disrupting your sleep • Adrenal glands – why adrenal fatigue may be making you feel tired but wired • Reproductive system – how your daily stresses may be affecting your menstrual cycle or fertility • Digestive system – why stress could be at the heart of your bloating, cravings or unpredictable appetite • Emotions – how your emotional landscape holds the key to leading a fulfilling life without the need to rush Inspired by Dr Libby's clinical experiences and her empathy for women and the many roles they now juggle, this book offers real solutions to restore your health, so that you can stay both productive and healthy.

The Hormone Diet - Natasha Turner 2010-07-06

Outlines a three-step program designed to correct hormonal imbalances for potential health benefits, explaining how to identify problem areas in order to address such challenges as weight gain, insomnia, and mood disorders.

Perimenopause - Dr Anna Garrett

“Perimenopause? What?! I'm way too young!” If you're suddenly struggling with weight gain, insomnia, irregular bleeding or flooding, mood swings, and relationship challenges, perimenopause may be knocking

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

Hormones - Lois Jovanovic 1992

A nationally renowned endocrinologist and the bestselling author of the Complete Home Medical Guide combine their years of experience and expertise in an authoritative handbook that features the most-up-to-date findings about hormones and health. ". . . succeeds in clarifying facts about hormone-related problems ranging from acne to osteoporosis".--Los Angeles Times Book Review.

Your Hormones in Harmony - Melodie M. Billiot 2018-06-02

Are you a woman with severe, long-term, or frustrating health problems? Are you exhausted, depressed, anxious, or unable to sleep? Do you feel hormone crazy and overwhelmed? Do you have digestive disturbances, joint pain, headaches, hair loss and weight gain? Do you wonder how you got here? One day you woke up in a complete mess, but can

Fit Not Fat at 40-Plus - Prevention Health Books for Women 2002-10-18

"If I have to listen to one more 18-year-old in a leotard telling me to 'work it harder,' I'm going to scream!" Finally, a fitness plan for real women! Aerobo-bunnies got you down? In the high-impact world of extreme diet and fitness guides, those of us over 40 can sometimes seem left behind. Well, no more. Finally, there's a weight-loss guide for real women. Fit Not Fat at 40-Plus is the only diet and fitness guide that has analyzed the complex roles of metabolism, hormone changes, physical challenges, and stress in women's post-40 weight gain, and devised a quick-start, easy follow-through plan for immediate results. You will: Never get bored again! Sample hundreds of exciting new exercises, 10-minute workouts, motivational secrets, and insider tricks, everything from how to remain sweat-free to how to look like a pro at your first African dance or yoga class. Boost your metabolism around the clock! More than 100 step-by-step photos of easy-to-follow muscle-building exercises show you how to boost your calorie-burning power by 15 percent--an extra 300 calories a day--even when you're sleeping! Banish pain and discomfort! Choose from more than 25 specific fitness prescriptions to help relieve everything from asthma and diabetes to osteoporosis

and rheumatoid arthritis. Blast cravings and eat all day! Build your 40-Plus Eating Plan around mouthwatering recipes, 14 days of interchangeable meal plans, and the only diet you'll ever need to lose weight, prevent disease, and manage your blood sugar, designed by a dietitian from the Joslin Diabetes Center of Harvard University. Kick your feet up--and lose even more weight! Learn why destressing is your new mandatory weight-loss strategy, and choose from 50 luxurious mini-escapes in the Relax and Recharge Plan-- because you deserve it! In just 1 week, you'll be on your way to shedding pounds, years, and worries. Leave the sweating, injuries, and fad-diet frustrations to those aerobo-bunnies--this plan is for you!

The M Word - Ginni Mansberg 2020-01-07

Night sweats, hot flushes, anxiety, insomnia, exhaustion, itchy skin, low libido, painful sex ... Ninety per cent of women experience these symptoms some time between the ages of 40 and 60. Menopause and perimenopause (the hormonal rollercoaster years leading up to a woman's last period) are among our last taboo subjects. Hormone Replacement Therapy (HRT) - once widely prescribed as the magical secret of youth - has been shunned by women and their doctors for two decades. Dr Ginni Mansberg, one of Australia's most trusted health and wellbeing experts, is here to work through the evidence and bust the taboos out of the water. The M Word is all about you and your choices. Are you being offered the best solutions for your menopause issues? Because there are great solutions to help you thrive in this new stage of life.

The Hormone Cure in 30 Minutes - Garamond Press 2013-05-09

The Hormone Cure ...in 30 minutes is the essential guide to quickly understanding the important health lessons outlined in Dr. Sara Gottfried's groundbreaking best seller, The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol. In The Hormone Cure, Dr. Sara Gottfried, a board-certified gynecologist and a graduate of Harvard Medical School, debunks the myth that hormonal relief can be found only through prescription pills. Instead, she believes that the stresses of hormonal imbalance can be cured through natural methods. The Gottfried Protocol is a hormone cure program that has helped thousands of women achieve optimal health and wellness through changes in diet and lifestyle, in addition to supplements and medications. Backed up by years of research and rigorous scientific testing, The Hormone Cure addresses the unique problems that afflict women as a result of hormonal imbalance, and provides a real, lasting solution. Use this helpful guide to understand The Hormone Cure in a fraction of the time, with tools such as: Explanations of the essential concepts from The Hormone Cure, including an explanation of the Gottfried Protocol Suggestions for applying Gottfried's integrative hormone therapies in everyday life Key takeaways from the cutting-edge medical research in The Hormone Cure The critical reception to the work, including key arguments by major publications and thought leaders As with all books in the 30 Minute Expert Series, this book is intended to be purchased alongside the reviewed title, The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol.

Is It Me or My Hormones? - Marcelle Pick 2014-03-03

One of the most common and agonizing problems women face today is hormonal imbalance. Sometimes it's a nightmarish premenstrual syndrome—depression, cravings, bloating, weight gain, irritability, and even out-of-control rage for up to three weeks each month. Sometimes it's periods so painful that you have to arrange your entire life around your cycle. Sometimes it's a rocky passage into perimenopause that changes everything you know about yourself and your body. Luckily, you can resolve these hormonal issues—you just need accurate, actionable information to do so. In *Is It Me or My Hormones?*, Marcelle Pick, author of *The Core Balance Diet* and *Is It Me or My Adrenals?*, delves into the often misunderstood world of female hormonal imbalance. Sharing her personal struggles and her experiences with patients, Marcelle helps you understand how the right diet, exercise, supplements, herbs, and psychological support, occasionally complemented with bioidentical hormones, can free you from hormone disruption. After walking you through the basic science of how your hormones affect your body, mind, and emotions, Marcelle lays out an accessible, easy-to-follow, 28-day program—complete with schedules, exercises, supplements, meal plans, and recipes—that will stabilize your hormones in just one month and make you feel like yourself again. Unlike many medical professionals, Marcelle knows that your symptoms aren't "just a normal part of being a woman" or "not that big a deal." And in this book, she validates your experience of

hormonal imbalance and opens your eyes to the power you have over your health. So join Marcelle on this journey to implement simple, natural changes that will help eliminate your cravings, depression, mood swings, and weight gain, and make you feel energized, sexual, and in command of your life!

TAKE CHARGE OF YOUR HAPPINESS, BELLY FAT & SEXINESS - David Musgrave 2019-08-04

This book reveals the most recent science, which women deserve to know, in everyday language. How you can easily control the impact of hormonal processes on your brain, and the way your body responds to changes in body chemistry - particularly your stress, thyroid and sex hormones: in other words "your happiness, belly fat, and sexiness".

Our Bodies, Ourselves: Menopause - Boston Women's Health Book Collective 2008-06-16

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.

The Perimenopause and Menopause Workbook - Kathryn Simpson 2006-11-01

A Personalized Program for Better Hormone Health It's no stretch to say that the information about perimenopause, menopause, and hormone replacement therapy (HRT) is confusing and often scary. Hormonal changes over time are natural, but they can sometimes be difficult. But they don't need to put too much strain on your health and sanity if you understand what's happening in your body and know how to manage it. This workbook is your most valuable resource for hormone health. Written by a pioneering team of hormone researchers, it puts up-to-date, scientifically sound hormone information at your fingertips. Each chapter includes helpful exercises and assessments to help you get a clear picture of your health and make a plan for total hormonal wellness. You'll also benefit from real-life stories of women just like you who have encountered hormonal challenges and, with the powerful tools in this book, made positive changes for better health. Learn about your body and your hormones: Chart and examine your personal and family medical histories to help understand your current or future hormone health Use the hormone symptom questionnaire to track current or potential hormone situations, including estrogen and progesterone, thyroid, or adrenal imbalances or menopause Learn which tests and treatments are appropriate for particular hormone-related conditions Make informed decisions about whether to consider HRT Take control of your health and your life with a personalized strategy for greater vitality through balanced hormones

Reversing Estrogen Dominance Naturally - Haley Robbins 2018-09-26

If you suffer from severe perimenopausal symptoms due to estrogen dominance, and have received little to no help from your doctor, then this eBook will show you how to find relief naturally using the recommendations of the world's most credible hormone specialists. Symptoms that include: infertility, flooding, extreme PMS, anxiety, night sweats, headaches, depression, fibroids, cysts, irritability, rage, insomnia, mood swings, low libido, fatigue, weight gain and brain fog. *Reversing Estrogen Dominance Naturally* reveals the real reasons behind what's making you ill and how you can effectively treat your symptoms. You'll discover solutions that have helped thousands of women enjoy more energy, focus, better mood, and vitality during premenopause, perimenopause and beyond. You'll also learn: What may be the most effective HRT option available. It works naturally with your body, and has no known side effects. (This kind of hormone can't be patented, making it dirt-cheap. Drug companies are going crazy trying to replicate it- but they can't!) The oil that can reduce hot flashes by up to 44%, enhance mood and decreases your

likelihood of sudden cardiac death. The supplement you MUST take if you're having insomnia issues. (Not only does it help you sleep, but it also may help firm muscles, reduce wrinkles and improve your sex life!) How this one "bad food" can actually work wonders to alleviate tired adrenals. The simple thing you can do today to supercharge your energy levels so you can start exercising. (You've probably already heard that exercise helps manage perimenopause symptoms. But if you struggle with fatigue, exercise feels impossible. I reveal the supplement that helps raise energy levels so you can get off the couch.) Which household substances you have lurking in your home that aggravate symptoms (including those you may have on your body right now.) How to drastically reduce your risk of certain cancers including breast and ovarian. Why anti-depressants won't fix your mood swings or depression. (Mental health issues like depression and brain fog can result from hormone imbalance but also a deficiency in this one crucial vitamin.) The amino acid that helps firm saggy cheeks, erase wrinkles and thicken hair. (Your friends, family and co-workers will be clamoring to know the secret to why you're looking and acting so much younger.) Why many of the most commonly prescribed HRT drugs can actually make your symptoms worse in the long run. (Not to mention more prone to developing conditions like diabetes, heart disease and breast cancer.) The one particular form of Vitamin D that helps balance hormones, alleviates depression, boosts brain health and even reduces the risk of breast cancer. The one hormone test you must get if you've gained a lot of weight and can't take it off, no matter how hard you try. (No amount of exercise or dieting will help you shed pounds if this one gland is out of whack. Diagnosing this condition is crucial if you want to one day slide into your favorite old jeans.) Grab your copy today so you can reclaim your hormones and your life and once again feel energized, focused and sexy.

Power of Hormones - A. Byrne 2018-04-03

Are you suffering from weight gain, low mood & constant fatigue? 1 in 3 women suffer from at least one form of hormone imbalance in their lives. Not only can hormone imbalance cause you to put on weight and dull your skin and hair, it can also make you suffer insomnia, poor concentration, lack of libido, and constant low mood. Yet, this debilitating condition is constantly overlooked by healthcare professionals... meaning thousands upon thousands of women worldwide are left suffering unnecessarily. But now it's time to stop this suffering, and discover the simplest way to balance your hormones and take back your life and your health. Forget about all the fad diets and weight loss plans, that put you through hell but do nothing to treat the real source of the problem. Welcome to a natural treatment plan that works: *The Power of Hormones* ultimate hormone reset solution. There are 6 Core Symptoms Of Hormone Imbalance: #1 Low Libido One of the hardest symptoms to deal with is lack of libido. It destroys relationships. The irony is that if a man speaks with his doctor about lack of libido he is given sympathy and a prescription to help. But a woman in the same situation is told to get more rest or talk to a counsellor - when it could be treated by simply balancing your hormones. #2 Insomnia Whether you can't get to sleep at night, or keep waking up at 3am unable to get back to sleep, sleep disturbances are torture. But if caused by a hormone imbalance, insomnia can be treated quickly and efficiently. #3 Digestive Problems Constipated? Diarrhea? Bloating? Or worse, experience all three? Persistent digestive problems can be a sign that something is out of balance with your hormones. #4 Weight Gain Despite Healthy Eating & Exercise Ever feel like no matter what you do, you still gain weight? Has your metabolism slowed down recently? Do you find yourself looking in the mirror and wishing for your old body back? Estrogen dominance, adrenal fatigue and thyroid imbalances could all be at play here. The bottom line is, until your hormones are back in perfect harmony, your body is going to fight you every time you try to shed those stubborn pounds. #5 Depression & Anxiety Women are frequently misdiagnosed with depression, for the simple reason that once a doctor has exhausted all the standard causes for depressed mood they give up. They issue a script for anti depressants and send you on your way. #6 Joint Pain Joint pain is not just painful, it stops you from living the life you love. Many women feel unable to keep socializing, exercising, and playing with their kids because they simply can't keep up the way they used to. Why should women have to suffer these symptoms which are usually only experienced in old age? And this book offers 3 Versatile Treatment Options. In fact one of the key differences in the *Power of Hormones* Program is that it is holistic in its approach. That means the treatment program isn't one size fits all - it's tailored to suit your needs and your body. From simple lifestyle changes can have a dramatic impact on your hormone health and every aspect of your wellbeing. To natural

treatment options that you will be amazed at how quickly these natural supplements & herbs can relieve your symptoms and get you looking and feeling like your most radiant self. And finally Mainstream Medications and your own personalized plan identifies when you are in need of synthetic medications to treat hormone imbalance, to get you the results you need. It's time to stop those crazy diets to lose weight. Let your body do all the hard work FOR you...Balance your hormones and feel the brain fog lift and the pounds melt away from your waistline...No more need to use caffeine to cure the all day tiredness, or the "I have a headache" excuse for low libido. GET YOUR HEALTH AND YOUR BODY BACK IN AS LITTLE AS 60 DAYS!

The Good News About Estrogen - Uzzi Reiss, M.D. 2020-03-10

The latest information about estrogen, the body's enlivening powerhouse hormone. Why is estrogen crucial—and so misunderstood? How do I know if my estrogen level is “normal”? What is the best treatment for a hormonal imbalance? How does estrogen impact my reproductive cycle? Is hormone replacement therapy right for me? Is it only useful at menopause? How can I be my best, healthiest self now and in the future? Understanding estrogen—its function and interplay with all your other hormones and body systems—is key to a healthy, vibrant life. But far too many women remain unaware of the benefits of estrogen, and how it can be supplemented in natural, bioidentical form. This book, written by an expert in the field of OB-GYN and integrative medicine, offers an authoritative yet accessible approach to hormonal health. In *The Good News About Estrogen*, Dr. Uzzi Reiss draws upon the most up-to-date scientific research, as well as women's stories from his decades of practice, to explain: - How hormones—and your levels of estrogen—change over time, and what you can do to achieve balance naturally or with hormone replacement therapy (HRT). - The good news about estrogen—how it can enhance energy, sexuality, and memory; alleviate premenstrual syndrome (PMS) or the side effects of menopause; help fight weight gain, anxiety, depression, and more. - Bioidentical hormones—why they are safe and crucial to your well-being at any age or stage, and how to choose which treatment plan is right for you. - How your everyday habits—what you eat, drink, wear, and breathe—can affect hormonal health, and which small lifestyle changes can make a big difference. - Nutrition and exercise—learn how each works hand-in-hand with hormones and can help you to achieve maximum physical and emotional fitness, promote bone health, prevent cardiovascular disease, and boost brain power.

Progesterone the Ultimate Women's Feel Good Hormone - Dan Purser 2009-07-31

Progesterone The Ultimate Women's Feel Good Hormone answers why you're having those miserable hot flashes, why you're having those horrible night/day/all the DANG TIME sweats. Educates you on the REAL reasons you're having "hormonal" migraines (and it's not a Lortab(c) deficiency as most physicians think).

Sleep better, feel sexier and wake up happier. Reduce your risk of breast cancer, heart attacks and strokes, and feel great doing it. Endometriosis is addressed in detail and how it's either a problem with low progesterone, or progesterone resistance (progesterone receptor problem) - NOT lack of a "laser ablation" or hysterectomy Everything's fully referenced, nothing's made up, so you can defend your position with your own doctor, and quote the articles and studies and literature. If that doesn't work (and your doctor won't listen) Dr. Purser tells you how you can find a doctor to help you with getting natural progesterone or how to even find some over the counter. Dr. Purser lectures about progesterone all over the world and educates physicians on it and the public -- he knows of which he speaks and this book makes it simple to see why. If you're suffering and feeling like garbage from your peri-menopause, get this book NOW and save yourself more sleepless sweaty miserable nights. A female hormone guide book written by a top preventive medicine and endocrine MD/physician researcher. Includes: Dealing with menopause and depression naturally Discover why your menopause cream is not working A true natural menopause guidebook Learn menopause survival that works Prevent PMS mood swings Reduce PMS anxiety Awesome tips for PMS survival, PMS relief, and PMS comfort Hot flash therapy Night sweat therapy Be migraine free with a Natural Migraine cure Be free of endometriosis and pelvic pain Find out about a true natural endometriosis medicine Endometriosis therapy & endometriosis causes Endometriosis cure discussed How to naturally deal with endometriosis and infertility It's time to take control of your health, because no one else will.

Balanced Babes - Stacey A Foat 2019-09-02

This is not just another 'health kick'...this is a wake-up call! All around the world, the mainstream medical system is failing women. Suppressing our natural cycle with synthetic hormones, cutting out wombs unnecessarily and leaving women completely disconnected, broken and hurting. Infertility rates continue to soar, the incidence of breast cancer is rising every year and women continue to suffer. We live in an era where 'period pain' is considered normal, and although there's more awareness than ever around common female reproductive disorders like endometriosis and polycystic ovarian syndrome, women are being sucked into victimisation and passing the blame, leaving them feeling more powerless than ever. This book is about YOU. YOU taking a stand for your health. YOU healing your own body. YOU taking responsibility and learning to listen to the messages your hormones are delivering. It's about taking back your power and no longer expecting your GP, gynaecologist or endocrinologist to fix you! When we take responsibility, we take back our power and only then can we start to heal our bodies. In this 7 Step Healing System, Stacey teaches you how to tune into your body and identify the warning signals as well as map out the exact steps you need to take to help your hormones exist harmoniously and prevent disease and discomfort in the female body.

How To Get A Womans Hormones Up:

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