

How To Get On Female Hormones

Female Hormone Emilee Bickert 2021-09-16 Women in their 15-the 20s are always energetic and have elastic skin, but as soon as they are 30 years old, more and more people begin to face various physical discomforts or cosmetic concerns. Obviously, the ovaries are still healthy and secrete a lot of hormones (the English name is a hormone, which is translated as hormone and is derived from the Greek word meaning "activation"), but many women have become weakened and unable to adapt to the effects of hormone secretion. At the age of 45 to 55, female hormone levels will drop rapidly, causing menopausal disorders and making women miserable; until the age of 55 to 70, the changes stabilize and unexplained physical discomfort symptoms will decrease. Maintaining a minimum female hormone value is the key to avoiding bone and skin aging and reaping healthy and beautiful old age. In order to live a healthier and longer life, the most important thing is to pay attention to the signs of cancer. Women around the age of 50 must be especially careful of breast cancer or uterine cancer. They must be checked regularly so that even if something goes wrong, it can be detected and early. treatment. In our vigorous youth period, female hormones can bring good effects on health and beauty; conversely, during periods of poor physical and mental health, female hormones can also cause various problems. Exercise the body and adjust the mental state to maximize the power of female hormones. Please refer to this book and work hard to improve your female hormones! Well done! Your journey of searching may come to the end as you reach the book, you may did search a lot to get your ideal book. cheers! that book is yours

Got Testosterone? Kathy C. Maupin 2019-02-28 We live in an era of rapidly advancing medical breakthroughs, and some of them seem too good to be true. Men, could just one hormone keep you healthy, strong, virile, and fully productive until you die? The answer is "yes," and that hormone is testosterone--more than merely an antidote to ED. There is much more to testosterone replacement than you may think. The nature and delivery system for receiving testosterone can make all the difference between accelerating the diseases of aging-- and preventing them. Bioidentical testosterone pellet therapy is the only method of testosterone replacement that reverses ED and also prevents the diseases of aging: Diabetes Cancer Heart disease Obesity High cholesterol Parkinson's disease Alzheimer's disease Osteoporosis Frailty Autoimmune diseases You don't have to succumb to these diseases or live the miserable life of an aging, impotent, frail old man! Testosterone pellets can change this, and that's what this book is about. Dr. Maupin's approach to testosterone replacement "offers science-based medicine and is psychologically sound ... This is pioneering work and mainstream medicine will be following her lead. Michael E. Mahon, PsyD

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.

Hangry Sarah Fragoso 2019-06-25 HANGRY IS THE COMPREHENSIVE HORMONE BOOK WE'VE BEEN WAITING FOR. Get ready to restore your joy, heal your hormones, and reset your metabolism in just four weeks. Sarah Fragoso, the bestselling author and creator of *Everyday Paleo*, and Dr. Brooke Kalanick, a leading expert in functional medicine and women's health, bring you the ultimate guide to feeling your best. *Hangry* offers women a one-of-a-kind plan that is uniquely customizable to your individual hormonal imbalances, with special attention paid to challenges such as low thyroid, PCOS, perimenopause, menopause, and autoimmunity. Not sure if you're HANGRY? • Are you too tired to be happy? • Do you feel like your metabolism is MIA? • Is your plate overflowing with expectations, work, and stress? *Hangry* honors ALL of your hormones and each aspect of your life: food, exercise, nutrition, and lifestyle. This program will take you from feeling stressed out and frustrated--and really freaking tired!--to healthy, happy, and at home again in your body. Join the program that's already changing lives--you will look and feel your best, slow down aging, decrease inflammation, and rediscover your joy with this one-of-a-kind customizable plan based on balancing five key hormones by using our five simple habits supported by our five mindset pillars.

Hormones after menopause 2003

The Secret Female Hormone Kathy C. Maupin, M.D. 2014-03-03 "The Secret Female Hormone is a must read for women today! Hormones should always be evaluated in unity, and testosterone is almost always overlooked. The authors tell the truth about how hormone imbalances truly affect women - not only their energy, their vitality and their libido but also their family relationships and self-esteem. This book will be a resource for women for years to come!" - Marcelle Pick, author of *Is It Me or My Hormones?* and *The Core Balance Diet* Leading experts show why testosterone hormone imbalance could be the vital connecting factor in a wide variety of health issues for women in midlife. You know the experiences all too well. You can't sleep, so you start your day feeling exhausted. Seemingly overnight, you can't remember names, places, appointments--things you could previously recite at the drop of a hat. You want to be more active, but you have zero energy for that. And sex? Forget it! By now, you've probably been told this is "normal," or that it's the "natural" course of aging. And you might even believe it, because so many women approaching midlife have the exact same symptoms. In fact, millions of women worldwide are undiagnosed and untreated for hormone imbalance deficiency. As one of the country's leading experts on hormonal balance--and as a woman who experienced these symptoms herself--Dr. Kathy Maupin has identified a debilitating and overlooked health condition: testosterone deficiency syndrome, or TDS. Most people associate testosterone with men, but it's one of the most vital hormones in women, and one of the first hormones that women begin to lose as they enter their 40s. And Dr. Maupin's own research has shown that the symptoms of aging--fatigue, memory loss, moodiness, low libido, and so much more--are initiated and accelerated by testosterone loss. In this book, Dr. Maupin and therapist Brett Newcomb show how testosterone replacement can radically improve your life. They share the history and background of hormone replacement therapy, the latest research on treatment options, as well as: • Tips for dealing with mood swings, changes in sex drive, and maintaining healthy relationships • Surprising information on the long-term effects and health risks of testosterone loss • Common myths and misconceptions regarding estrogen and testosterone replacement therapy • Questionnaires to help you determine your individual hormone deficiencies • Real stories and personal experiences Dr. Maupin's patients share clear, practical, and easy-to-use, this authoritative guide sheds light on the importance of testosterone and will help you reclaim your physical, mental, emotional, and spiritual health.

Women's Health Issues Jon Carson 2021-04-22 Every individual - Keep on reading Hormones are discharged in the body by a few organs that are fundamental for development, improvement, multiplication, and so forth. They are the synthetic substances that organize the exercises of living organic entities and furthermore their development. They are discharged by uncommon tissues in our body through endocrine organs. Various Hormones effectively affect the state of the body. A portion of these chemicals work rapidly to begin or stop the interaction and some will persistently work throughout a significant stretch of time to play out their capacities. They help in body development, improvement, digestion, sexual capacity, generation, and so forth what befalls the body when these chemicals will deliver in pretty much amount. This book manages the rundown of significant Hormones fundamental for our body capacities. This awesome reading material titled, *WOMEN'S HEALTH ISSUES: HOW TO GET AWAY WITH THAT CHEMICAL SUBSTANCES*, provides amazing realities about female hormones that each lady should know. It covers: -Why it is essential to have a hormones balance-Hormones imbalance-Rundown of significant hormones and their capacities.-Understanding the role hormones play in ladies' wellbeing-How Various Hormones effectively affect the state of the body-How hormones assume numerous significant parts in a lady's

wellbeing-What an imbalance in hormones can be brought to the lady wellbeing-Signs, indications, diagnosis, causes and treatment of hormonal imbalance in lady wellbeing-Polycystic ovarian disorder Thyroid issues-Menopause-Hormonal problems and psychological well-being-Ten Indications of hormonal lopsidedness to pay special mind to in lady and what you can do about them-Why hormones are vital for your general healthy prosperity-How women can convert the present challenges in hormone disorder to an advantagesJon Carson is an American retired medical doctor, author. He is the author of several books on his medical career. Carson has received numerous honors for his medical work including more than 60 honorary doctorate degrees and numerous national merit citations.This awesome book will be of great value for all the readers.So I irrefutably recommend you to buy and get it!Please scroll up and click on the buy button.

Female Nourishment and Hormones Gold M Crown 2022-08-06 Female nourishment and Hormones introduces a straightforward strategy to rebalance women's hormones and allow them to feel restored and healthy. This book can facilitate ladies' perception of their bodies, customize their diet, balance their hormones, and get rid of those further pounds, and maintain the burden loss within the long-term.

Anti-Estrogenic Diet for Beginners Charles Mark 2021-05-07 Estrogen and testosterone are hormones that occur clearly in male and girl bodies. Some studies shows that sure foods can affect the degrees of those hormones. Hormones are the body's chemical messengers. They play crucial roles in libido, temper, fitness, fertility, and lots of other functions. A few people think about estrogen as a "female hormone," but male and woman our bodies produce it. Excessive estrogen stages are related to some fitness troubles in adult males. In this article, we examine ingredients that may boost or decrease degrees of estrogen inside the frame and discover the evidence behind those claims.GET YOUR COPY NOW!

The Female Body Blueprint Josh Rubin 2015-02-10 Hormones Gone Haywire? There is a crisis in women's health today. The average age for puberty has dropped abruptly to 10 years of age. Endometriosis, one of the top three causes of female infertility, affects more than 5.5 million women. 75% of all women suffer with some premenstrual syndrome symptoms. 80% of all women have uterine fibroids (which lead to 170,000-300,000 hysterectomies annually). And dysmenorrhea-menstrual pain that interferes with day-to-day activities-affects approximately 40-70% of women of reproductive age. If you've visited your doctor for any of these reasons, it's likely you've been given birth control pills to "even things out" or hormone replacement therapy. But is this really a solution? The Solution Isn't More Birth Control Pills It's likely that hormonal treatments will only mask the symptoms, if not make things worse. So what is the solution? Is PMS to be normal and expected every month? Is infertility unable to be treated without invasive therapies? Are hot flashes simply a symptom of getting older? Luckily, the answer is no to all of these questions. There is a solution, and it doesn't involve drugs or invasive therapies. The solution lies in hormonal balance. A Total System for Female Health "The Female Body Blueprint" by Josh and Jeanne Rubin takes the complex subject of hormonal balance and breaks it down into easy to digest information and action steps. By naturally decreasing the amount of estrogen in your body, increasing the amount of progesterone, and healing your metabolism, you'll be well on your way to hormonal health at any age. Get back in balance by learning how to eat, sleep, exercise, and de-stress. They don't teach this stuff in school...or likely in your doctor's office. But these are the vital foundations that will make this women's health crisis a thing of the past. Follow this blueprint and take back control of your health once and for all.

Womancode Alisa Vitti 2013-05-06 Achieve health and vitality, rebalance your hormones and overcome anxiety, insomnia, irregular cycles and more with this holistic guide to hormonal health for women. With a few easy strategies and changes to your diet and lifestyle, you can not only solve hormone-related problems, but have the energy, mental focus and stable moods to be your best self. Simply put, once you support the flow of your hormones, you create flow in your life, and Vitti's revolutionary five-step programme will work with your body's biochemistry to make this happen. WomanCode gives you the insights and tools you need to: · Work in harmony with your body's natural rhythms · Minimize the impact of toxins in the environment, your diet and the products that you use · Target and support the parts of your endocrine function (blood sugar, adrenals, elimination or reproduction) that need attention · Tap into the immensely transformative power of your feminine energy. This prescriptive programme has successfully helped thousands of women to regulate their periods, clear up their skin, lose weight, alleviate PMS, get pregnant naturally, have more successful IVF, restore their energy, improve their moods and have better sex.

The Menopause Answer Book Marsha Lynn Speller 2004-05-01 Estrogen is a powerful female hormone that protects women from many health risks. In menopause, estrogen levels decline and its protective qualities decline as well. At the same time, a lifetime of bad habits may begin to catch up with us, and our genetic predispositions to disease begin to surface. All this leads to a plethora of symptoms, some temporary, some chronic and some life-threatening. The Menopause Answer Book allows women to carefully assess their own symptoms and then seek out the information and treatments that will be tailored to their own specific needs: -- Find out if you're at risk for diseases associated with menopause -- Develop your Menopause Action Plan -- Assess the pros and cons of Hormone Replacement Therapy -- Find out what tests to request from your doctor -- Find out how to get the attention and treatment that you need -- Learn about important lifestyle changes to make right now Women dealing with menopause and perimenopause are bombarded with information but often have a hard time figuring out what applies to them and how to choose between conflicting advice. The Menopause Answer Book is the must-have companion to the top-selling menopause books, which are informational but don't help women tailor their treatment.

In the FLO Alisa Vitti 2020-01-28 The bestselling author of WomanCode presents a biohacking program for women, teaching them how to use their natural 28-day cycle to optimize their time, diet, fitness, work, and relationships. Women have a important biological rhythm they experience every month that affects productivity, weight, sex drive, energy, and mood. It is essential to be aware of and take care of this rhythm, but it has been widely ignored by medical, nutrition and fitness research. So as women, we diet, we deprive, and we cram as much as possible into our day, striving to accomplish impossible to-do lists, and scheduling our lives based on a 24-hour time cycle, ignoring the intuitive time our bodies naturally keep: a monthly cycle with four hormonal phases that offer incredible advantages. In the FLO presents a revolutionary 4-week solution to manage your energy and time according to your 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, including: · Meal plans and recipes for each phase · Charts for phase-specific exercises, work tasks, and relationship activities · A daily planner that helps you align with your strengths in each phase · A biohacking toolkit for navigating period problems and hormonal birth control Alisa Vitti, functional nutrition and women's hormone expert, bestselling author of WomanCode, and founder of modern hormone healthcare company FLOliving.com, has been teaching women how to reclaim their rhythm for nearly twenty years and has witnessed the incredible rewards it offers—including losing stubborn weight, regaining energy, clearing skin, and minimizing PMS. By getting In the FLO, you'll get more done with less effort, you'll feel better consistently throughout the month, and you'll enjoy the freedom that comes with living on your own time.

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.

Outliving Your Ovaries F.A.C.E., Marina, Marina Johnson, , F.A.C.E. 2012-07-28 (BP636) Marina Johnson MD is a board-certified Endocrinologist and Pharmacist. In 2011, she was honored to be invited as one of twelve speakers at the Cleveland HeartLab Annual Symposium. Her program, "Seven Strategies For Prescribing HRT & Cardiovascular Implications", represented AMA Category 1 Continuing Medical Education (CME) for keeping physicians up-to-date on the very latest evidence-based research and methods. Dr. Johnson is the Medical Director of the Institute of Endocrinology and Preventive Medicine in Irving, Texas. In her 30 years of practice, she has managed over 100,000 female patient visits. She has no financial ties with any pharmaceutical company. Her book provides break-through research explaining why topical bioidentical hormones, in the form of pharmaceutical patches, gels and mist products are safer and more reliable than oral synthetic and compounded hormones. (25-7-16) REVIEWS "I've been a patient of Dr. Johnson's for 4 years now. Lousy quality of life, fat and miserable when I found her, she has changed my life. I now love living, have lost 40 pounds, feel and look 30 years younger and only intend to get better. You owe it to yourself and the women in your life to read this book. Following her program is not easy or quick, but it's well worth the time and effort you spend. I'll never go back to the way I was. There are two most important women in my life: my mother, who gave me life; and Dr. Marina Johnson, who made it worth living again." Celia D. Trimble Attorney "An

absolute must read for all adult females. Her Johnson Menopause Method is evidence-based and backed up by 30 years of continuing clinical experience. From a medical standpoint, her method contains excellent concepts which are all too often missing in current clinical medicine. It is refreshing to read a book that is obviously divorced from medical industry bias. Her willingness to share her wealth of knowledge is commendable. Her book empowers women with essential information that will allow them to take responsibility for their own well being. Healthcare providers who deliver hormone replacement therapy should be required to read this book." Dr. Bradley F. Bale The Bale/Doneen Method Assistant Clinical Professor Texas Tech School of Medicine "Outliving Your Ovaries is a must read for every woman. Not only because it demystifies so many controversial and conflicting views in treating menopause, but mostly because one can put that book down and feel absolutely empowered. Women can now have the intelligent and informed conversation with their doctors about their bodies that so many of us have struggled to have. Dr. Johnson helps us to understand - with honesty, and decades of research - the real risks and real benefits of how you treat your body during your child-bearing and menopausal years. It's not that this book goes out of its way to criticize or put down others' work, conclusions or opinions. It's that Outliving Your Ovaries gives women a FAIR view, one that isn't backed by a pharmaceutical company, Hollywood cult phenomenon, or other financial directive. And because Dr. Johnson speaks on our behalf without that pressure, I personally find her word trustworthy. But trust is not the only reason to listen, Dr. Johnson's credentials also speak for themselves. She is a trained pharmacist and endocrinologist, giving her unique perspective on risk and benefit of Hormone Replacement Therapy valuable weight. I have read and re-read this work since it was first published, discussed it with my doctor, and with confidence, taken an active role in my health and treatment. I've gifted this book to my mother and sisters because I love and care about them. I recommend this book to anyone who is a woman or cares deeply about one! It will change your life." Nicole Internet eBook Reviewer

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.

Ask Dr. Marie Marie Savard 2010-09-14 NOW IN PAPERBACK! One of the best health books of 2009—Wall Street Journal One of America's most trusted voices on women's health offers women expert, reassuring advice on all that occurs “down there” What would you ask if your best friend were also a physician? What might your mother ask, if she had the nerve? The questions—and the answers—are in Ask Dr. Marie. By addressing women directly and honestly, but with compassion and understanding, ABC News Medical Contributor Dr. Marie Savard reveals that there are no off-limits questions, no dark secrets of womanhood. . . . “Dr. Marie has crafted a straight up, accessible summary of the most important questions on female sexuality and reproduction. She will help move you from embarrassment to empowerment.”—Dr. Mehmet C. Oz, author of Healing from the Heart and coauthor of the best-selling YOU: The Owner's Manual “For this book, Marie Savard draws on a lifetime of head-smart and heartfelt experience in caring about and for women. And she knows how to communicate in a manner that is both informative and supportive. Information that is both accurate and understandable—a winning combination.” —Dr. Timothy Johnson, ABC News Medical Editor “I continue to marvel at Dr. Marie's ability to break complex medical issues into digestible, easy-to-understand nuggets. Her care and concern for women is evident, and women are better for it.” —Rene Syler, author of Good Enough Mother “Dr. Marie is one of America's most trusted voices in women's health, and her ability to make complex topics simple and understandable has made her my go-to person for health information.” —Marissa Jaret Winokur, Tony Award-winning actress

It's Not You, It's Your Hormones! Nicki Williams 2017-02-13 Are you wondering what the hell has happened to you since you hit 40? You're not alone! Millions of women over 40 worldwide are suffering needlessly. Stressed out and exhausted, struggling to lose weight, suffering mood swings and PMS, or hot flushes and night sweats, life can seem like one big struggle. What many women don't realize is that the key to sustainable weight loss, vitality and balance is not the latest fad diet or fitness programme. For women over 40, the answer is to take back control of your hormones! It's Not You, It's Your Hormones is the essential guide for every woman over 40, providing natural and practical solutions to fight fat, fatigue and hormone havoc.

Outliving Your Ovaries Marina Johnson 2012-07-28 (BP 710) - Marina Johnson MD is a board-certified Endocrinologist and Pharmacist. In 2011, she was honored to be invited as one of twelve speakers at the Cleveland HeartLab Annual Symposium. Her program, "Seven Strategies For Prescribing HRT & Cardiovascular Implications", represented AMA Category 1 Continuing Medical Education (CME) for keeping physicians up-to-date on the very latest evidence-based research and methods. Dr. Johnson is the Medical Director of the Institute of Endocrinology and Preventive Medicine in Irving, Texas. In her 30 years of practice, she has managed over 100,000 female patient visits. She has no financial ties with any pharmaceutical company. Her book provides break-through research explaining why topical bioidentical hormones, in the form of pharmaceutical patches, gels and mist products are safer and more reliable than oral synthetic and compounded hormones. (27.25-7-16) REVIEWS "I've been a patient of Dr. Johnson's for 4 years now. Lousy quality of life, fat and miserable when I found her, she has changed my life. I now love living, have lost 40 pounds, feel and look 30 years younger and only intend to get better. You owe it to yourself and the women in your life to read this book. Following her program is not easy or quick, but it's well worth the time and effort you spend. I'll never go back to the way I was. There are two most important women in my life: my mother, who gave me life; and Dr. Marina Johnson, who made it worth living again." Celia Trimble Attorney "An absolute must read for all adult females. Her Johnson Menopause Method is evidence-based and backed up by 30 years of continuing clinical experience. From a medical standpoint, her method contains excellent concepts which are all too often missing in current clinical medicine. It is refreshing to read a book that is obviously divorced from medical industry bias. Her willingness to share her wealth of knowledge is commendable. Her book empowers women with essential information that will allow them to take responsibility for their own well being. Healthcare providers who deliver hormone replacement therapy should be required to read this book." Dr. Bradley F. Bale Co-Founder of the Bale/Doneen Method Clinical Professor Texas Tech School of Medicine "Outliving Your Ovaries is a must read for every woman. Not only because it demystifies so many controversial and conflicting views in treating menopause, but mostly because one can put that book down and feel absolutely empowered. Women can now have the intelligent and informed conversation with their doctors about their bodies that so many of us have struggled to have. Dr. Johnson helps us to understand - with honesty, and decades of research - the real risks and real benefits of how you treat your body during your child-bearing and menopausal years. It's not that this book goes out of its way to criticize or put down others' work, conclusions or opinions. It's that Outliving Your Ovaries gives women a FAIR view, one that isn't backed by a pharmaceutical company, Hollywood cult phenomenon, or other financial directive. And because Dr. Johnson speaks on our behalf without that pressure, I personally find her word trustworthy. But trust is not the only reason to listen, Dr.

Johnson's credentials also speak for themselves. She is a trained pharmacist and endocrinologist, giving her unique perspective on risk and benefit of Hormone Replacement Therapy valuable weight. I have read and re-read this work since it was first published, discussed it with my doctor, and with confidence, taken an active role in my health and treatment. I've gifted this book to my mother and sisters because I love and care about them. I recommend this book to anyone who is a woman or cares deeply about one! It will change your life." Nicole Internet Reviewer

Screaming to Be Heard Elizabeth Lee Vliet 2000 Observations, anecdotes, and illustrations from one of America's favorite writers.

Hormonal Martie Haselton 2018-03-01 Provocative, ground-breaking and entertaining, the world's leading expert on sexuality and the ovulation cycle reveals the hidden intelligence of hormones. In this paradigm-shifting book, Martie Haselton explains how hormonal intelligence works - both its strengths and its weaknesses - and shows women how to track and understand their desires, fears and perceptions with a radical new understanding of the biological processes that profoundly influence our behaviour. Rigorously researched, entertaining and empowering, *Hormonal* offers women deep new insights into their bodies, brains and relationships, and will encourage women everywhere to embrace the genius of female biology.

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.

Women's Health Perfect Body Diet Cassandra Forsythe, PhD, RD 2008-12-23 Let's face it—women simply do not shed pounds or build muscle as easily as men do. Drawing on fascinating recent research that has shed new light on the gender differences in food metabolism and the effect of exercise, the editors of *Women's Health*, the healthy lifestyle magazine for today's active woman on the go, have devised a weight-loss plan that works especially well for women who would like to lose 5-25 pounds. Key features of the *Women's Health Perfect Body Plan* include: • Glucomannan, a soluble fiber that helps dieters feel full faster—and therefore eat less throughout the day • Meal plans that contain at least 40 grams of fiber per day • An adjustment for the impact of female hormones on weight loss (women need a higher protein diet than men to increase lean body tissue and decrease body fat) • Dieting techniques that revolve around psychological needs and personal goals and lifestyle • Two diet plans to choose from—one higher in fats and lower in carbs; the other higher in carbs and lower in fats (simple food tests help women choose the type they need) In addition to the customized eating plan—complete with 75 easy-to-prepare recipes—there is a vigorous customized fitness program consisting of 50 exercises that brings results in just three weeks.

International Differences in Mortality at Older Ages National Research Council 2011-02-27 In 1950 men and women in the United States had a combined life expectancy of 68.9 years, the 12th highest life expectancy at birth in the world. Today, life expectancy is up to 79.2 years, yet the country is now 28th on the list, behind the United Kingdom, Korea, Canada, and France, among others. The United States does have higher rates of infant mortality and violent deaths than in other developed countries, but these factors do not fully account for the country's relatively poor ranking in life expectancy. *International Differences in Mortality at Older Ages: Dimensions and Sources* examines patterns in international differences in life expectancy above age 50 and assesses the evidence and arguments that have been advanced to explain the poor position of the United States relative to other countries. The papers in this deeply researched volume identify gaps in measurement, data, theory, and research design and pinpoint areas for future high-priority research in this area. In addition to examining the differences in mortality around the world, the papers in *International Differences in Mortality at Older Ages* look at health factors and life-style choices commonly believed to contribute to the observed international differences in life expectancy. They also identify strategic opportunities for health-related interventions. This book offers a wide variety of disciplinary and scholarly perspectives to the study of mortality, and it offers in-depth analyses that can serve health professionals, policy makers, statisticians, and researchers.

Trans Bodies, Trans Selves Laura Erickson-Schroth 2014 This is a groundbreaking, personal, and informative guide for the transgender population, covering health, legal issues, cultural and social questions, history, theory, and more. It is a place for transgender and gender-questioning people, their partners and families, students, professors, and guidance counselors, to look for up-to-date information on transgender life.

Hormones, Health, and Happiness Steven F. Hotze 2013 Do you want to maintain your health and energy level as you age? If so, then it is essential that you replenish your declining hormones. In *Hormones, Health, and Happiness*, Dr. Steven Hotze reveals how restoring hormones to optimal levels using natural, bioidentical hormones enables women and men to regain their vitality. Dr. Hotze discusses the frequently overlooked problem of hypothyroidism, which commonly affects women in midlife. Too often, women with all the signs of low thyroid are told that their blood results are normal. Find out why women should believe what their bodies are telling them rather than the results of a blood test. The conventional medical approach treats symptoms with "anti" drugs, such as antidepressants, antihistamines, antispasmodics, anti-arthritis, and others, rather than discovering and correcting the underlying problems of these symptoms. In *Hormones, Health, and Happiness*, Dr. Hotze discusses symptoms of women and men in midlife, which include fatigue, weight gain, headaches, depression, insomnia, hot flashes, joint and muscle pain, brain fog, loss of interest in sex, allergies, and recurrent infections, to name a few, and addresses their solutions. His comprehensive eight-point wellness program will help you strengthen your immune system, balance your hormones, and increase your energy level. This program encompasses: • Treatment of low thyroid • Treatment of hormonal decline and imbalance • Treatment of adrenal fatigue • Treatment of yeast overgrowth • Treatment of airborne allergies • Treatment of food allergies • Vitamin and mineral supplementation • Nutritionally balanced eating program Dr. Hotze demonstrates how many health problems can be solved safely, effectively, and naturally without drugs. If you are sick and tired of being sick and tired, then it's time to take charge of your health and get your life back. By following Dr. Hotze's recommendations you can begin your journey down a life-long path of health and happiness.

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.

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 Hormone Shift Dawn M. Cutillo 2012 Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman's symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause. CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have "shifted" a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures? Learn the ONE MAIN hormonal "shift" that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal "shift" so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancers...and slowing the aging process as an extra benefit! If you are one of the many women saying.... These constant hot flashes are driving me crazy! Is everyone around me trying to get on my last nerve? I'm counting FLOCKS of sheep and still can't sleep! I'm working out, eating like a bird and can't lose a single pound! Sex? Are you kidding? I'd rather be sleeping or eating. My thyroid medicine just doesn't seem like it's helping me lose weight. Depressed? That's an understatement, nothing is really fun anymore. This book is a must-read!

The Essential Oils Menopause Solution Mariza Snyder 2021-04-20 Alleviate the symptoms of perimenopause and menopause with simple and safe DIY diffusions, tonics, and tinctures made with essential oils, from "a true innovator and thought leader in the field of women's hormone health" (JJ Virgin, New York Times bestselling author of *The Virgin Diet*). What if menopause didn't have to be a struggle? Your body is always changing—necessarily and beautifully—throughout life. During menopause, however, declining ovarian function and fluctuating hormones often clash with environmental toxins, stress, and digestive distress, leading to the symptoms we have been told we should expect: hot flashes, weight gain, brain fog, low libido, and irritability. But as women's hormonal health expert and bestselling author Dr. Mariza Snyder explains, you can and deserve to experience a good night's sleep, clear thinking, stable moods, an energized metabolism, and pain-free sex. The solution is not to medicate the changes, but instead get to the root cause of what's really going on in the body. In *The Essential Oils Menopause Solution*, Dr. Mariza offers a cutting-edge, comprehensive plan to do just that, including: • a clear explanation of what's happening in your body before, during, and after "the change," and how certain lifestyle triggers exacerbate hormonal imbalance. • the latest science behind the benefits of essential oils as safe, effective solutions for perimenopause and menopause symptoms. • more than 75 recipes and protocols designed to provide solutions for deep, restful sleep, anxiousness, mood swings, fatigue, hot flashes, low libido, brain fog, vaginal dryness, digestive distress, and much more. • a proven 21-day hormone-balancing program complete with meal plans, exercise recommendations, supplementation, and herbal therapies designed to reverse the myriad of symptoms affecting millions of women today. • easy self-care rituals to support every system of your body—from digestion and vaginal health to mitochondrial and liver function—throughout the perimenopausal and menopausal transition. Dr. Mariza Snyder is committed to helping women feel their best; her work is dedicated to solutions that heal a woman's health from the ground up. In as little as twenty-one days, *The Essential Oils Menopause Solution* will help you reclaim vibrant, optimal, and long-lasting health.

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. *It's Not You It's Your Hormones* Nicki Williams 2017 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.

Dr. Bob's Men's Health Dr. Robert DeMaria 2011 *Dr. Bob's Men's Health* is for men who want simple, honest answers to their basic health questions. In today's culture, women tend to make the majority of the health-care decisions for their families while men tend to avoid seeking care, oftentimes, until the pain and discomfort caused by the conditions they have suffered with are beyond their ability to cope. Dr. Bob's extensive

experience as a health-care provider, without the use of prescription medication, has provided him with a unique ability to understand and relay logical solutions in an easy-to-follow format. In this book, Dr. Bob reveals important, little-known facts on the more common conditions men contend with: heart disease, cancer, cholesterol, sexual dysfunction, and pain. You will learn the basics, which will propel you to levels of optimal health without the use of prescription medication.

Hormonal Martie Haselton 2019-02-19 The hidden intelligence of hormones and their role in empowering women to succeed sexually, reproductively, and socially. Did you know women walk more, eat less, socialize more, meet more men, dance more, and flirt more when they're ovulating? Or that PMS may have evolved to get rid of boyfriends with unfit sperm? Behind the "fickle" differences in what women find sexy about men, or what they like to wear, there's a hidden adaptive intelligence that has been shaped over eons. In this provocative and paradigm-shattering book, Martie Haselton, the world's leading researcher on sexuality and the ovulation cycle, takes a deep, revealing look at the biological processes that so profoundly influence our behavior and sets forth a radical new understanding of women's bodies, minds, and sexual relationships, one that embraces hormonal cycles as adaptive solutions to genuine biological challenges. At the core of Haselton's new Darwinian feminism is her remarkable discovery that humans, like our animal cousins, possess a special phase of sexuality, called estrus, which comes with a host of physiological and behavioral changes. Rigorously researched, entertaining, and empowering, *Hormonal* offers women deep new insights into their bodies, brains, relationships, and affairs, allowing them to make better-informed choices about sex, marriage, friendship, contraception, and more. Above all, *Hormonal* is a clarion call to appreciate and embrace the genius of female biology.

The Female Advantage Alisa Vitti 2019-09-24 The bestselling author of *WomanCode* presents a biohacking program for women, teaching them how to use their natural 28-day cycle to guide their time, diet, fitness, work, and relationships. Women have been conditioned to think of their bodies as burdens, especially when it comes to our periods. We suffer from cramps, PMS, bloating and mood swings, all while overlooking the extraordinary power that lies within us. We cram as much as possible into our day, striving to accomplish impossible to-do lists, and scheduling our lives based on a 24-hour time cycle, ignoring the intuitive time our bodies naturally keep: a monthly cycle with four hormonal phases that offer incredible advantages. In *The Female Advantage* presents a simple but revolutionary 4-week solution to manage your energy and time according to your female biochemistry. By working with each phase, you'll support your hormones, unlock peak creativity and productivity, 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, including: Meal plans and recipes for each phase Charts for phase-specific exercises, work tasks, and relationship activities A daily planner that helps you align with your strengths in each phase A biohacking toolkit for navigating period problems and hormonal birth control Alisa Vitti, functional nutritionist, women's hormone expert, and bestselling author of *WomanCode*, has been teaching women how to sync with their cycles for nearly twenty years and has witnessed the incredible rewards it offers, including losing stubborn weight, regaining energy, clearing endometriosis and resolving infertility issues. By tapping into this natural power source, you'll get more done with less effort, you'll feel better consistently throughout the month, and you'll enjoy the freedom that comes with living on your own time.

Get Lean After 40 Hormone Reset Diet: Kick Start Metabolism Jouly M. Dectors 2019-09-06 Menopause is a natural passage in the life of every woman: the term means "last menstruation" and refers therefore to the end of the menstrual cycle and female reproductive life. At the age of 40s, the body and the skin need more attention. We need to consider a radical change in lifestyle. After the age of 40, our metabolism slows down by 5% every 10 years. The hormone replacement therapy seems to be an effective remedy to relieve ailments of menopause in general, including hot flashes. However, there are some natural remedies that can be effective to counteract this annoying menopausal symptom. In this book, you'll learn about:- Women's menopause - What are the signs of menopause starting? - Hormonal treatment for menopause - Treatment for menopause hot flashes - Kick start metabolism after 40 - Foods you should eat after age 40 to stay in shape - How to balance hormones to lose weight - Low glycemic carbs list Estrogen Rich Foods

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!

Periods... Just Why? Bernice Pond 2019-09-25 If you want to discover all the answers to your most burning period questions, then keep reading..... Having your period is messy, makes you sore (like being hit by a train), can be emotionally draining, irritating, not to mention highly inconvenient! Everyone has a flashbulb memory of the exact moment they crossed the invisible line between being a young, innocent girl and a mature woman. You think to yourself as a young girl, just why on earth periods occur in the first place? Suddenly, your body and emotions change, and you haven't got a clue why all these strange things are happening to you! Many women and young girls are embarrassed by the process of menstruation, but everybody goes through it. We don't talk about periods enough. In this book, you'll discover: The secrets of the female reproductive system Demystifying the most astonishing legends around periods The surprising effect hormones have on your body and mind Four simple steps to understanding your menstrual cycle The crucial reason you need to track your menstrual cycle Just what on earth is PMT? The vital facts you need to know about birth control and your period How to recognise abnormal periods and when to seek medical advice The top menstrual care products to make periods more comfortable Daily practices to help you feel relaxed during your period and much more... In *Periods...Just Why* you will get accessible and straight-forward advice concerning all your deepest period concerns. Each chapter of the book is packed with actionable steps. This book will help you to recognise what is happening to both your body and emotions during the rollercoaster ride known better as your period. It doesn't matter if you are starting to get your period or have gone through the menopause, you can guarantee you will discover something new. This book will support you to turn the mysterious world of the complex reproductive system and menstrual cycle into a vital tool for helping you to monitor your level of physical health and wellbeing. You could go on just guessing, continuing to be in agony each month when you get your period - having no clue as to why you experience these pains and symptoms. You could go on believing these silly myths keeping you from enjoying life while on your period. Or, you could simply get this book and arm yourself with the knowledge you so desperately need to de-bunk your body's mysteries. This is a great book to read alone or for female teens and adults to read together. So if you want to get to grips with your menstrual cycle and make it work in harmony with your daily life, then scroll up and click the "Add To Cart" button now!

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 bio-chemical composition with a new and unconventional approach to integrating bio-identical hormones, targeted amino acid therapy, and other nutritional supplements.

The Estrogen-Depression Connection Karen Miller 2007-05-01 What You Need to Know About Hormones and Depression Research has shown a strong connection between estrogen levels and depression throughout a woman's lifetime. We now understand that abrupt hormonal changes can take a toll on women's moods and even cause serious depression. But the good news is that there is a lot women can do to moderate the effect of these changes. The *Estrogen-Depression Connection* explores this issue and offers practical advice and tips for managing mood changes throughout all the major stages of a woman's life-from puberty and menstruation to pregnancy and postpartum, and from perimenopause to menopause. It explains in easy-to-understand terms what women can do right now to help balance these estrogen fluctuations through diet and lifestyle changes, alternative therapies, and medication. Get the information you need: •Learn how estrogen affects each stage of a woman's life •Cope with postpartum depression and menopause •Find the best medical and alternative treatments

How To Get On Female Hormones

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