

Can A Woman Not Get Her Period

The BLOOD Book - Ashley Cottrell 2019-09-09

We would like to share a wild idea with you. An idea that holds immense beauty. The essence of it is not new, by all accounts it is an ancient concept, but it has been forgotten. In our ever-changing world and with encyclopedias of knowledge at our fingertips, this wisdom has slipped through the fingers of collective consciousness. The idea is wonderful in its simplicity, life-changing in potential and is this: women are cyclical. A woman's body and mind experience regular biological changes every month and these cause very real shifts in energy, emotions, and even perspectives. Whether or not anyone is aware of this beautiful process, it is unfolding every day in the life

of every woman. We invite you to let the BLOOD book take you on an inner journey of discovery as we explore the secret source of female power: a woman's cyclical nature. A deeper understanding of these forces will unlock superpowers you never thought possible and pave the way to a more balanced, authentic, fulfilling life.

Susan's Growing Up - Sheila Hollins 2018-06-11

This is a story about what can happen to a girl when she starts her period. People do not need to be able to read in order to understand the story. Susan does not understand what is happening to her when she finds blood on her sheets and clothes. She does not tell her mother, but goes straight to school. In the playground, other girls giggle and point at

the blood stains. Susan doesn't know why they are laughing at her. A teacher notices what is happening and calls Susan aside to explain what menstruation is, and how she should look after herself. Susan's mother provides further reassurance on her return home from school. She shows Susan how to keep herself clean and comfortable. Susan has become a woman, and her mother takes her shopping to celebrate.

The Female Athlete Triad -

Catherine M. Gordon

2014-10-28

This is the first book of its kind to focus solely on the female athlete triad - its origins, its recognition, and most importantly, its management. Since the symptoms themselves cover a range of medical specialties, chapters are written by experts in a number of relevant fields - sports medicine, orthopedics, endocrinology, and pediatrics - with an eye toward overall care of the young female athlete. Additionally, each chapter includes suggestions on how to

educate and communicate with young athletes and their parents, as well as trainers and coaches, on how to manage the illness outside of the direct clinical setting. The female athlete triad is often seen in sports where low body weight is emphasized, such as gymnastics, figure skating, and running, though it can appear in any sport or activity. The interrelated symptoms - eating disorders, amenorrhea, and low bone mass - exist on a spectrum of severity and are serious and potentially life-threatening if not properly treated. Psychological problems, in addition to medical ones, are not uncommon. The Female Athlete Triad: A Clinical Guide discusses all of these areas for a well-rounded and in-depth approach to the phenomenon and will be a useful reference for any clinician working with female athletes across the lifespan.

The Autism-Friendly Guide to

Periods - Robyn Steward

2019-04-18

Written by autistic author

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Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue. Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

How to Have Sex with a Lady Without Condoms and Not Get Her Pregnant - Felix Chrisantos 2021-01-07

One of the most dreaded statements most single guys are scared of getting from their

girlfriend is, 'I MISSED MY PERIOD'. If you have experienced this before, you would agree with me that it is capable of keeping you awake all through the night. Even though the use of condoms helps protect against unwanted pregnancy, the level of pleasure derived from skin to skin sex cannot be denied. This is why I have outlined some highly effective love making techniques that will help you and your partner enjoy a mind-blowing skin to skin sex without being followed by any case of unwanted pregnancy. Get this book and you will understand exactly what I mean...

Period Power - Nadya Okamoto 2018-10-16
PERIOD founder and Harvard College student Nadya Okamoto offers a manifesto on menstruation and why we can no longer silence those who bleed—and how to engage in youth activism. Throughout history, periods have been hidden from the public. They're taboo. They're embarrassing. They're gross. And due to a

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crumbling or nonexistent national sex ed program, they are misunderstood. Because of these stigmas, a status quo has been established to exclude people who menstruate from the seat at the decision-making table, creating discriminations like the tampon tax, medicines that favor male biology, and more. Period Power aims to explain what menstruation is, shed light on the stigmas and resulting biases, and create a strategy to end the silence and prompt conversation about periods.

Perimenopause Power -

Maisie Hill 2021-03-04

'Maisie's knowledge of hormones changed my life... you need this book' Anna Jones
'Hill's advice is straightforward and no-nonsense' The Guardian
'An informative must-read for any woman - whatever their age' Vogue online
During perimenopause three quarters of women will experience symptoms such as mood changes, insomnia, hot flushes, and night sweats, but there is little in the way of evidence-based information out there to

help and guide us.

Perimenopause Power is the essential handbook to understanding what the hell's going on and to empower us to improve our experience of the dreaded 'change'. Maisie Hill, the highly qualified women's health expert, best-selling author of Period Power and founder of The Flow Collective, takes us through the physiological changes of perimenopause and menopause, step by step, with calm positivity. In this invaluable guide she shares tips and advice to support women through the challenge of wildly fluctuating hormones. A must-read for anyone looking for a well-researched, evidenced-based book on perimenopause and menopause that gives women the information they need to address their hormonal needs. Perimenopause Power will help women to understand what's going on with their bodies and how to deal with troublesome symptoms, and share valuable insights into making it a positive and powerful

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experience. 'Maisie Hill helps you understand the changes in your body and psyche during the lead-up to menopause and how to handle symptoms.' Top Santé 'Maisie Hill gets rid of myths, sheds light and allows for an open, honest and much-needed conversation' Mind

Conn's Current Therapy 2021, E-Book - Rick D. Kellerman 2020-12-08

Designed to suit a wide range of healthcare providers, including primary care, subspecialties, and allied health, Conn's Current Therapy has been a trusted clinical resource for well over 70 years. The 2021 edition continues this tradition of excellence with current, evidence-based treatment information presented in a concise yet in-depth format. More than 300 topics have been carefully reviewed and updated to bring you state-of-the-art information in even the most rapidly changing areas of medicine. Offers personal approaches from recognized leaders in the field, covering common complaints, acute diseases, and

chronic illnesses along with the most current evidence-based clinical management options. Follows a consistent, easy-to-use format throughout, with diagnosis, therapy, drug protocols, and treatment pearls presented in quick-reference boxes and tables for point-of-care answers to common clinical questions. Includes new and significantly revised chapters on COVID-19, Diabetes Mellitus in Adults, Chronic Leukemias, and Osteomyelitis. Incorporates more electronic links throughout the text that connect the reader to apps and clinical prediction tools that can easily be accessed in practice. Features thoroughly reviewed and updated information from many new authors who offer a fresh perspective and their unique personal experience and judgment. Provides current drug information thoroughly reviewed by PharmDs. Features nearly 300 images, including algorithms, anatomical illustrations, and photographs, that provide

useful information for diagnosis.

Women, Let's Talk Periods! -

Marina Schroeder 2022-03-11
BOOK 2 IN THE IGNITE YOUR
INNER GODDESS SERIES A
guide all about menstrual
cycles—from color and clots to
charting like a pro. *** How do
you feel about your periods?
No, really. This isn't a trick
question! And it's where we
begin the second part of our
Ignite Your Inner Goddess
journey! Well, actually, we
start off talking about things
like Aunt Flo, Shark Week,
Code Red, Ketchup Week,
Moontime, Dragon Week, and
Potato Chip. "Wait, did she just
say 'Potato Chip'?" Yes. Yes, I
did. And you'll definitely be
clued in on the insider's secret
as to why. ;) In Women, Let's
Talk Periods!, we, well, we talk
all thing periods. Shocker, I
know, right? "What should my
period look like?" "How long
should my period be?" "Why
am I birthing jelly eggs?!"
(Unfortunately, this is not
entirely a joke here because
this used to happen to me
every cycle.) "Ughhhh! I'm

spotting again?! I just want to
wear those white pants, damn
it!" "Hormones suck!"
(Actually, they don't. I promise
you, they really, really don't.
You totally want these precious
babies by your side as a part of
your super-she-ro team!)
"Follicu-what?" (Follicular. And
yup, you'll learn why this is a
word every woman should
know. ;)) Soooo, hop on the
Ignite Your Inner Goddess
Express and take a journey to a
magical land filled with young
witches and wizards as they
learn at the school of Hog—Oh
wait, we don't live in the world
where we get letters by owls,
fly with majestic hippogriffs,
and suffer through potions
classes! Unfortunately. I know,
this pales in comparison to
that. But, hello! Your body is
bleeding and she's trying to tell
you something here. (PS: It's
not because she's a sadist and
deliberately torturing you
every month just for kicks!) So,
women, let's get this party
started and talk All. Things.
Periods! ***ENTIRE SERIES
NOW AVAILABLE*** Women,
Let's Get Woo! (Ignite Your

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Inner Goddess Book 1) A guide to ignite your intuition with meditation, awareness, and ancient techniques. Women, Let's Talk Periods! (Ignite Your Inner Goddess Book 2) A guide all about menstrual cycles—from color and clots to charting like a pro. Women, Let's Break Up With Birth Control! (Ignite Your Inner Goddess Book 3) A guide to breaking up with your hormonal birth control from mindset to nutrition. Women, Let's Steam Our V! (Ignite Your Inner Goddess Book 4) A guide to the basics of vaginal (yoni) steaming, how to do it, and some tips and tricks.

PRAISE FOR IYIG

"Marina Schroeder is part of a new generation of healers who are at the forefront of helping empower women to tune into the wisdom of their bodies, and access a level of healing that they never thought was possible. This is a must-read book for women everywhere!"
"The book you hold in your hands is the result of these years of intense training, study, and personal experience. You'll

find in these pages profound wisdom to enrich your appreciation of being a woman, exercises that allow you to deepen the experience of yourself as the goddess that you are, and straightforward and direct information to enhance and accept your innate beauty and sexuality."

"This offering stands out from the crowd in that it is written in a light tone, easy to understand, and brings the topics of periods, and the amazing things that they unlock to a level that someone not versed in anatomy and physiology can understand."

"Marina brings a nurturing, patient, and authentic energy to everything she creates.

There is nobody I know who is more passionate about helping heal the divine feminine and guiding others who feel empowered to heal it within themselves."

Womancode - Alisa Vitti
2013-05-06

Achieve health and vitality, rebalance your hormones and overcome anxiety, insomnia, irregular cycles and more with

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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.

My Body Neatness My Pride -
Dr Cecelia Robinson
2022-09-17

Hey girl! let me take you on a journey on Some Facts About Menstruation Menstruation (also called "period" and "menses") is the monthly flow of blood from the uterus through the vagina. Girls have their first menstruation during their puberty when they are about 10-14 years. They then have it about once a month until they reach menopause. Menopause is when a woman stops having periods, meaning she will no longer be fertile and not able to get pregnant naturally (at the age of late 40s to mid-50s). period The menstrual cycle is the time between the first day of a woman's menstruation to the first day of her next. The most common length for the menstrual cycle is 21-35 days, with an average of 28 days. In the first part of the cycle, levels

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of estrogen increase, causing the lining of the uterus to grow and thicken. Simultaneously, an egg starts to mature in the ovaries, and about halfway into the menstrual cycle (around day 14) the egg leaves the ovary. This is what is referred to as "ovulating". The egg then travels through the fallopian tube to the uterus. If the egg is fertilized by sperm and attaches to the uterine wall, the girl or woman becomes pregnant. If the egg is not fertilized, it will break apart and the thickened lining of the uterus will shed, causing the menstrual blood flow. The bleeding usually lasts 2-7 days and around 5-12 tablespoons of blood are lost during this time. The first years of a girl's menstrual cycle are usually irregular. Pre-menstrual syndrome (PMS) happens in the latter part of every menstrual cycle and is caused due to changes in the levels of hormones. PMS symptoms include bloating, swollen and sore breasts, mood swings, pain ("cramps"), as well as acne. Every woman and girl's

PMS is different. Whereas some might have PMS for two weeks, others might have it just for a couple of days, or not at all. Some might feel very moody and not in control of their emotions, whereas others have painful cramps (or both). Your symptoms might also be different from cycle to cycle. Many girls skip school because their cramps are causing them pain and physical discomfort. There are ways to alleviate the pain by applying warmth to the lower belly (a hand or hot water bottle), eating healthy (avoiding high levels of salt, sugar, alcohol, and caffeine), exercising, and practicing relaxing techniques (yoga). Let's talk about Belief, Myths, Taboos & Stigma Around Menstruation In many cultures all around the world, it is taboo to speak about menstruation, even though more than half of the world's population menstruates. Almost all cultures have some form of beliefs, myths and taboos relating to menstruation. These include unwritten rules and social norms about managing

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menstruation and menstruating women. For example, in some cultures, women and girls are told that during their menstrual cycle they should not bathe (or they will become infertile), touch a cow (or it will become infertile), look in a mirror (or it will lose its brightness), or touch a plant (or it will die). Funny enough, right? Also, whereas tampons and menstrual cups can tear the hymen, they will never cause you to lose your virginity, as that requires sexual intercourse. Due to the many cultural and/or religious misconceptions, myths, superstitions, and taboos regarding menstrual blood and hygiene, women and girls are sometimes deemed "impure" during their menstruation. This can have devastating effects on women and girls, who can have control over their own mobility restricted by their family and community. Taboos and stigmatization (i.e. condemning or showing disapproval) have... Major Feminine hygiene tips you need to know, but no more space in this description part...

just grab your copy now...

Goldman-Cecil Medicine E-Book - Lee Goldman
2019-08-16

To be the best doctor you can be, you need the best information. For more than 90 years, what is now called Goldman-Cecil Medicine has been the authoritative source for internal medicine and the care of adult patients. Every chapter is written by acclaimed experts who, with the oversight of our editors, provide definitive, unbiased advice on the diagnosis and treatment of thousands of common and uncommon conditions, always guided by an understanding of the epidemiology and pathobiology, as well as the latest medical literature. But Goldman-Cecil Medicine is not just a textbook. Throughout the lifetime of each edition, periodic updates continually include the newest information from a wide range of journals. Furthermore, Goldman-Cecil Medicine is available for all users of ClinicalKey, Elsevier's full library of subspecialty textbooks that can be accessed

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[The Palgrave Handbook of Critical Menstruation Studies](#) - Chris Bobel 2020-07-24

This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life

course?" The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

The Ultimate Guide on CBD Oil for Menstrual Cramps.: A Comprehensive Guide on Menstrual Cramps and CBD Oil with Explicit Explanations on How CBD Oil C - Dr Vincent Ellwood 2019-03-04

The term "period" in reference to menstruation dates from 1822 and means an "interval of time" or a "repeated cycle of events." Another word for menstruation is "catamenia," from the Greek katamenia (kata = by + menia = month). A "catamenia cup" is a firm, flexible cup worn inside the vagina to catch menstrual blood. Menstruation may have

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led to humanity's sense of time as most early lunar calendars were based on the length of a women's menstrual cycle. Some cultures believed that menstrual blood could cure ailments such as warts, birthmarks, gout, goiters, hemorrhoids, epilepsy, worms, leprosy, and headaches. Menstrual Blood was also used to create love charms and to ward off demons. Additionally, a virgin's first menstrual napkin was thought to be a cure for the plague. A girl's first menstrual period is called a menarche (from the Greek word men = month + arkhe = beginning). After the menarche, ovulation does not usually occur with menstruation for approximately the first year to 18 months. When a girl is born, her complete potential egg supply is born with her. In the womb, she creates about seven million egg cells. At birth, she has two million. By puberty, there are only about 400,000 left, of which fewer than 500 are actually released. Menstruation is the process where an

unfertilised egg, or a fertilised egg that has not become embedded in the uterus lining, is removed from the body via blood flow through the vagina. Humans are very rare among species in having the trait of menstruation, as most animals do not bleed on a regular basis to remove the uterus lining and unfertilised egg or underdeveloped embryo. Only humans, monkeys, apes and free-tailed and leaf-nosed bats, and elephant shrews menstruate. In most animals, the uterus lining is reabsorbed into the body if a female does not become pregnant after releasing an egg from the ovary. Women get menstruation every month, but we also don't know everything that we should know about our periods or what happens when we get it. The average woman starts menstruating at the age of 13 and stops at the age of 51 with an average menstruation of 3-7 days per month. This means that the average woman has 456 periods over the span of 38 years; that's roughly 2,280 days or 6.25 years of the

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average woman's life. Now, think about how much money you spend on your survival pack you require for each menstruation—all the pads, tampons, food, pain pills, heating pads, panties, and so on. It's crazy how expensive periods can be! I'm not going to lie: this is the one time I hope to be average. Read on to learn all about your menstruation, you may think you know it all, but you'll probably learn a thing or two. If you're a female, at some point in time, you'll most likely experience menstrual cramps - a symptom that usually accompanies your monthly reminder of womanhood, better known as your 'period.' Medically referred to as "dysmenorrhea," menstrual cramps causes dull or throbbing pains that take place in the lower region of the stomach. Most women encounter this kind of cramping just before and during their menstrual periods. While nagging for most, some women battle unbearable pain. The good news is that

there is another way to take care of those frustrating menstrual pains. Ever heard of cannabidiol (CBD)? Consider using CBD for menstrual cramps during your next cycle. A few scientific pieces of research and studies on the usefulness of CBD in relieving menstrual cramps have supported the benefits of CBD. There are other options like THC tampons, but since most of us want relief without getting high, CBD is an ideal option. It does wonders! It is neither psychoactive nor intoxicating. CBD is the best relief for your menstrual cramps. It's time to say goodbye to the feeling of wear and tear in your lower abdomen. If you have never used CBD products before, don't worry. This book is all you need. Get a copy now!

Under Wraps - Sharra L. Vostral 2008-03-25

Menstruation provides one of the few shared bodily functions that most women will experience during their lifetimes. Yet, these experiences are anything but

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common. In the United States, for the better part of the twentieth century, menstruation went hand-in-glove with menstrual hygiene. But how and why did this occur? This book looks at the social history of menstrual hygiene by examining it as a technology. In doing so, the lens of technology provides a way to think about menstrual artifacts, how the artifacts are used, and how women gained the knowledge and skills to use them. As technological users, women developed great savvy in manipulating belts, pins, and pads, and using tampons to effectively mask their entire menstrual period. This masking is a form of passing, though it is not often thought of in that way. By using a technology of passing, a woman might pass temporarily as a non-bleeder, which could help her perform her work duties and not get fired or maintain social engagements like swimming at a summer party and not be marked as having her period. How women use technologies of passing, and the resulting

politics of secrecy, are a part of women's history that has remained under wraps.

We Will Not Be Silenced a Log Book to Track Girls Period / Menstrual Cycle - Unique Talent 2021-03-09

A woman's health is very important to her. I created this PMS or Period Tracker for teens, girls and women that go through various complications or problems a woman might come upon during this time of her life. Doctors were impressed! It's important for women and girls to keep track of their menstrual cycle - it helps them stay healthy, learn more about their bodies and can help them realize when something is wrong. This cute journal is designed for younger girls to learn how to track their cycles - the illustrations are cute and simple, making it a perfect introduction to the world of womanhood. This is a completely unique, hand-illustrated journal interior (no clip art was used in this journal's design). Each page includes places to record menstrual flow, emotional

health, physical health and other notes!* Symptom tracker for PMS and Days 1-7 of a period* Undated monthly calendar to record menstrual flow* Shopping list* Blank pages for notes at the back of the book* Feminine subtle flower theme interior* Pocket size 6" x 9" and 110 pages

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

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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.

[Seeing Red](#) - Kirsten Karchmer
2019-11-12

A world-renowned women's health expert reveals a bold, practical, and data-driven handbook for menstrual periods that provides an easy-to-navigate roadmap for improving your reproductive health—and your everyday

quality of life. We've been lied to about periods. PMS, cramping, bloating, migraines, irritability, and anxiety may be extremely common, but contrary to popular belief, they aren't normal. And they certainly aren't "just part of being a woman," despite the fact that this is what we've been told time and time again—by friends, family, and even doctors. After dedicating her entire clinical career to deconstructing the menstrual cycle, women's health expert Kirsten Karchmer knows better. During her more than twenty years of research and treating thousands of patients, Karchmer found that most period problems women experience—even the most painful ones—are totally correctable and more surprisingly reflective of overall health and fertility. In this forthright, spirited, and all-encompassing guide, Karchmer draws on her decades' worth of experience as a women's health expert to break down the myths so many women have been led to believe about

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their periods. For the more than 82 million women in the world who suffer from menstrual conditions, *Seeing Red* explains the importance of a healthy menstrual cycle (and how to achieve it) and why it is important to the women's movement. Menstrual cycles are not a curse, but an instrument providing women with one of the most valuable, regularly occurring, and free diagnostic tools they have, giving them access to unprecedented health and power.

Her Hormones - SHAUGHN. BRIGGS O'BRIEN (PAULA.)
2020-11-26

This may be, and certainly it was intended to be, the first book on female hormones and their effects, especially written for men. The authors suggest that this short book with short chapters should not be read by women at all, though they could/should buy it for their man to read. There are already many books out there for a female readership but either none, or very few, are specifically for men. The idea

is, that through plain language and progressive stepwise explanation of the endocrine (hormonal) changes of the menstrual cycle, the mechanisms will be fully understood and so an understanding of the disorders associated with hormones can be grasped. After explaining the hormones and their mechanisms, full but succinct overviews of commonly associated female problems are set out. They include problems like heavy periods, premenstrual syndrome (PMS), PMDD, polycystic ovaries, endometriosis, the menopause and HRT. After the descriptions of these disorders the authors explain how treatments may or may not work and how these hormonally-related problems can be controlled without drugs, with drugs, with hormones and occasionally with surgery. The authors have experience of many thousands of patients over a time period, and between them more than 80 years of medical practice in this specialty; so who better to

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address this topic? Importantly, they present these biological phenomena scientifically but in very down to earth terms; they also present how these disorders impact not only on the woman herself but on the family, colleagues, and, the main focus, her male partner. It also addresses how males can be sympathetic to their partner's problems, indeed, this is really the main objective of making men aware of HerHormones!

Sweetening the Pill - Holy Grigg-Spall 2013-10-07
Millions of healthy women take a powerful medication every day from their mid-teens to menopause - the Pill - but few know how this drug works or the potential side effects.

Contrary to cultural myth, the birth-control pill impacts on every organ and function of the body, and yet most women do not even think of it as a drug. Depression, anxiety, paranoia, rage, panic attacks - just a few of the effects of the Pill on half of the over 80% of women who pop these tablets during their lifetimes. When the Pill was released, it was thought that women would not submit to taking a medication each day when they were not sick. Now the Pill is making women sick. However, there are a growing number of women looking for non-hormonal alternatives for preventing pregnancy. In a bid to spark the backlash against hormonal contraceptives, this book asks: Why can't we criticize the Pill?

Can A Woman Not Get Her Period:

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