

# How Can I Get Female Hormones

**The Hormone "Shift"** Dawn M. Cutillo 2012-03-28 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!

**Androgen Disorders in Women** Theresa Cheung 1999 "Explains the effects of male hormone imbalance in women: infertility, excess facial and body hair, acne, hair loss, fatigue, weight gain, menstrual dysfunction, ovarian cysts, metabolic problems."--Cover.

**Women's Moods, Women's Minds** Deborah Sichel 1999-01-01 Twice as many women as men are afflicted by depression & anxiety, This volume offers a new understanding of the female brain/body connection, explaining why a woman's unique brain & hormone chemistry may make her vulnerable to mood problems at critical times in her life. With more than 40 years of clinical work, Sichel & Watson show how depression & anxiety are actually the result of a process of long-term biochemical loading as the brain repeatedly revs up in response to stress. The authors share the unique self-

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care program they have developed to help the brain self-stabilize & to prevent problems. They also show how early & customized intervention with medications can resolve mood problems before they become entrenched.

**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.

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

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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.

*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

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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 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!

The Hormone Myth Robyn Stein DeLuca 2017-08-01 "The Hormone Myth is a bracing, accurate breath of fresh air. It turns conventional wisdom about hormones on its head, and provides a far more liberating view of women's health than what we've all been taught." —Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom* "Is it that time of month?" "Is your biological clock ticking?" "You're so emotional lately—are you going through menopause?" We've all heard it before. From the moody menstrual monster to the menopausal maniac, the idea that women become raving lunatics when their hormones fluctuate is firmly entrenched in American culture—and deeply fueled by the media. But where exactly did this stereotype come from? How has it hurt women? And how can we move past it once and for all? In this breakthrough book, Robyn Stein DeLuca fearlessly

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exposes and debunks pervasive myths about women's hormones, and reveals how flawed, outdated research and sexism have joined forces throughout history to keep women "in their place." With a revolutionary exploration of women's hormonal lives—from menstruation to childbirth to menopause—DeLuca shines a much-needed light on the lies that have impacted women. Now more than ever, it's time to resist the myth that women are ruled by their hormones. It's time for women to take charge of their lives. And it's time for women to own their emotions in a healthy and realistic way.

*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 *FLO* 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

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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.

Modern Menopausal Hormone Treatment Hilde Löfqvist 2022-02-10 This unique book is structured to give the reader a comprehensive view to understand the decline of hormones at midlife and the risks and benefits of evidence based hormonal treatments. The difference between bio-identical and synthetic hormones is shown. With this book the author intends to restore the trust of the mostly positive effects of hormone treatment during menopause. In this book effective hormone treatments that may be carried on for years are discussed. Those hormones may even prevent age related diseases (arthralgia, osteoporosis, cardiovascular diseases) if started at the right time frame directly after menopause, known as "window of opportunity". This book fills a gap for medical health providers and can be of benefit for all women searching evidence-based information and answers on hormone menopausal changes and treatments. The book provides the reader with case histories to show how different women are at the menopausal transition, and what the doctor has to consider in the choice of investigation and treatment.

*Sex Hormones and Immunity to Infection* Sabra L. Klein 2009-10-22 Why sex matters Among human and nonhuman animals, the prevalence and intensity of infection typically is higher in males than females and may reflect differences in exposure as well as susceptibility to pathogens. Elevated immunity among females is a double-edged sword in which it is beneficial against infectious diseases but is detrimental in terms of increased development of autoimmune diseases. The present book

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critically reviews the evolutionary origin and the functional mechanisms responsible for sexual dimorphism in response to infection. It emphasizes the value of examining responses in both males and females to improve our understanding about host-pathogen interactions in both sexes. The contributors are experts in their specific disciplines which range from microbiology and immunology to genetics, pathology, and evolutionary biology. The book aims at bringing insight to the treatment and management of infectious diseases; it delineates areas where knowledge is lacking and highlights future avenues of research.

[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

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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.

**Hormones and Female Athletic Performance** Judy Daly 1996

Female Health, Hormone and Cycles Lynette P Harnois 2023-05-07 Of course, female sex hormones-estrogen and progesterone have the most significant effect on a woman's health; from menstruation, pregnancy, menopause and more. But, your body makes and utilizes a variety of other hormones that affect other aspects of your health- from energy levels, weight, mood and more. This book covers a fundamental overview of menstrual cycle, amenorrhea, the female triad, PCOS, menopause, the effects of hormonal fluctuations in training and the effectiveness of proposed nutritional interventions that can modulate hormonal imbalances across the life course. Improve your knowledge of the menstrual cycle and how this key aspect of women's health has dramatic impact on day-to-day living.

**Is It Me or My Hormones?** Marcelle Pick 2013-02-26 One of the most common and agonizing problems women face today is hormonal imbalance. Sometimes it's a nightmarish premenstrual syndrome—depression, cravings, bloating, weight gain, irritability, and even out-of-control rage for up to three weeks each month. Sometimes it's periods so painful that you have to arrange your entire life around your cycle. Sometimes it's a rocky passage into perimenopause that changes everything you know about yourself and your body. Luckily, you can resolve these hormonal

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issues—you just need accurate, actionable information to do so. In *Is It Me or My Hormones?*, Marcelle Pick, author of *The Core Balance Diet* and *Is It Me or My Adrenals?*, delves into the often misunderstood world of female hormonal imbalance. Sharing her personal struggles and her experiences with patients, Marcelle helps you understand how the right diet, exercise, supplements, herbs, and psychological support, occasionally complemented with bioidentical hormones, can free you from hormone disruption. After walking you through the basic science of how your hormones affect your body, mind, and emotions, Marcelle lays out an accessible, easy-to-follow, 28-day program—complete with schedules, exercises, supplements, meal plans, and recipes—that will stabilize your hormones in just one month and make you feel like yourself again. Unlike many medical professionals, Marcelle knows that your symptoms aren't "just a normal part of being a woman" or "not that big a deal." And in this book, she validates your experience of hormonal imbalance and opens your eyes to the power you have over your health. So join Marcelle on this journey to implement simple, natural changes that will help eliminate your cravings, depression, mood swings, and weight gain, and make you feel energized, sexual, and in command of your life!

**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.

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Female Sex Hormones and Cancers George G. Chen 2010 Female sex hormones are produced in both females and males. They influence almost every aspect of human physiological functions, activities and behaviours. Disturbance in female sex hormones may result in variety of disorders including cancer. Attention is usually focused on female sex hormone-related cancers in reproductive organs in females such as breast, cervix and ovary. However, advances in science have discovered that female sex hormones also have a great impact on cancers in non-reproductive organs and tissues such as colon, oesophagus and thyroid in both men and women. This book describes and summarises the up-to-date information on an emerging topic of female sex hormones and cancer.

**The Women's Brain Book** Dr Sarah McKay 2019-05-21 Understanding how the brain grows and changes through the stages of life is key to health and wellbeing. This is not a book about the differences between male and female brains, nor a book using neuroscience to explain gender-specific behaviours, the 'battle of the sexes' or 'Mars-Venus' stereotypes. This is a book about what happens inside the brains and bodies of women as they move through the phases of life, and the unique - and often misunderstood - effects of female biology and hormones. Dr McKay give insights into brain development during infancy, childhood and the teenage years (including the onset of puberty) and also takes a look at mental health as well as the ageing brain. The book weaves together findings from the research lab, case studies and interviews with neuroscientists and other researchers working in the disciplines of neuroendocrinology, brain development, brain health and ageing. This comprehensive guide explores the brain during significant life stages, including: In utero Childhood Puberty The Menstrual Cycle The Teenage Brain Depression and Anxiety Pregnancy and Motherhood Menopause The Ageing Brain

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*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

Hormonal Eleanor Morgan 2019-07-04 'The essential hormone handbook . . . it should be made part of the core curriculum up and down the land' STYLIST 'A must read. Informative, funny, moving and wise' JESSIE BURTON We've gotten better at talking about mental health, but we still shy away from discussing PERIODS, MISCARRIAGE, ENDOMETRIOSIS and MENOPAUSE. That results in a lack of

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vital understanding for women, particularly as those processes are inextricably connected to our mental health. Combining her own experiences with extensive research and expert contributions, Eleanor Morgan explores the relationship between the female body, the female mind and the ways in which women's bodies are being medicalised. **HORMONAL** explores everything from contraception to PMS, in relation to anxiety, depression and taboos about hysteria and the 'hormonal' woman. It is a compelling portrait of the modern landscape of women and health, showing us how to navigate stigma and misinformation. 'A personal yet scientific, subtle and often lyrical work' **THE TIMES** 'An essential guide in helping us truly understand our cores' **VOGUE** 'Both fascinating and a huge relief' **GRAZIA**

*Female Hormones and Woman's Health* Lyle Bachman 1968

**Beyond the Natural Body** Nelly Oudshoorn 2003-09-02 Why has the female rather than the male body become increasingly subjected to hormonal treatment? Oudshoorn challenges the idea that the natural body exists any longer and evaluates the mixed blessings of the hormonal revolution.

**Holy Hormones** Ron Eaker 2000-11 Combining medical facts and real-life experiences with a healing sense of humor, *Holy Hormones!* encourages women to choose a healthier lifestyle. More importantly, Dr. J. Ron Eaker will show how God's plan, written in nature and the Bible, challenges women to live more joyfully and with greater purpose.

*The Female Hormone Journey* Pamela Levin 2005-12 Your female body talks to you your entire life in the language of bodily conditions and symptoms. Bloating, weight gain, PMS, cramping, hot flashes, anxiety, depression, infertility, mood changes and fatigue are only some of its more familiar messages. In *The Female Hormone Journey* you will learn how to translate these communications into effective action. Whether your current passage is through puberty, your menstrual years, peri-

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menopause, menopause or post menopause, you will learn to sort through an often confusing maze of conflicting advice from friends, relatives, your doctor and the media, to arrive at what your unique female body needs. You will discover:

*Women & Hormones* Alice T. MacMahon 1990

**Women, Weight, and Hormones** Elizabeth Lee Vliet 2001 Why don't most popular diet plans work for post-menopausal women; and if they do, why do women have to work at it three times as hard and four times as long to lose half the weight a man does? Dr Elizabeth Lee Vliet answers the questions in a groundbreaking book that will be a godsend to every woman who has tried and failed to stop the dreaded 'inevitable' weight gain that comes with mid-life. In this book Dr Vliet explains how and why hormone imbalances are the major factor in the mid-life woman's inability to lose weight and how balanced hormonal production combined with exercise and a proper diet can lead to a breakthrough in mid-life fitness, health and well-being.

**The Hormone Myth** Robyn DeLuca 2017-12-13 Although the idea that women become raving lunatics when their hormones fluctuate is firmly entrenched in American culture, a thorough examination of the evidence overwhelmingly tells us otherwise. This provocative book exposes the pervasive myths about women's hormones-which lead to false beliefs about women's competence-by illustrating how flawed, obsolete research and sexism have combined to keep women "in their place," and skillfully shows how women can reject the "hormone myth" and own their emotions in a healthy and realistic way.

**The Menopause Manual** W.H. Utian 2012-12-06 Years of involvement, firsthand experience and research at the Menopause Clinic of the Groote Schuur Hospital, Cape Town, exist as the background to this book. The Clinic itself, however, as one of the first in the world to be established,

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if not the first, has a story and a lesson of its own to offer, and is therefore deserving of a brief description as the preface to the book. In 1967, shortly after Christiaan Barnard had completed the historical first human heart transplant at the Groote Schuur Hospital, I happened to be in West Berlin and was invited to visit a major international pharmaceutical firm. A new female hormone was mentioned, and thereby started my interest in the subject. Upon my return to Cape Town, I spent many hours in the large medical school library and completely surveyed the menopause literature to 1967. I was stunned by its general inadequacy and was bitten by a challenge to clarify what menopause really was, and to define the proper place of hormone replacement therapy.

**Dr. Bob's Drugless Guide to Balance Female Hormones** Robert DeMaria 2007-10 Dr. Bob DeMaria, a Natural Health Doctor with over years of experience helping women of all ages have optimal hormonal health has simply created a simple tool to help all ages achieve optimal health. Dr. Bob has created a simple program for women to follow on their own or with the assistance of their own health care provider without bio-identical supplementation or creams. The readers will be able to follow along the simple information and assess their own body signals and make wise healthy choices. Dr. Bob's experience is evident in the pages by creating simple Just Tell Me What to Do Synopsis highlights at the end of each Chapter. The book focuses on detoxifying the liver, evaluating thyroid and adrenal function with proper self evaluations. There is ample material explaining how osteoporosis, hot flashes and lack of energy can be improved. Dr. Bob's research with the Amish culture is an adjunct to the material. He has incorporated a special weight loss Chapter that focuses on normalization of the hypothalamus pituitary loop. Dr. Bob also has included a special Chapter on male hormones. This book is a must read for women of all ages seeking to improve their own health from the inside out.

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*Venous Thrombosis in Women* Ian A. Greer 2003-04-28 The impact of hormones on deep venous thrombosis is one of the most charged and debated subjects in contraceptive medicine. Female hormonal balance is primarily affected by the use of either oral contraceptives or HRT. For a long time it has been recognized that oral contraceptives can raise the incidence of DVT; however, there has been an enormous controversy as to whether all progestins do this equally or whether some have a greater impact than others where oral contraception is concerned. Written by a world leader on the subject, this book offers the latest clinical information about the effects of pregnancy, the contraceptive pill, and hormone replacement therapy on thrombotic problems in women.

**Estrogen Matters** Carol Tavris 2018-09-04 A compelling defense of hormone replacement therapy, exposing the faulty science behind its fall from prominence and empowering women to make informed decisions about their health. For years, hormone replacement therapy (HRT) was hailed as a miracle. Study after study showed that HRT, if initiated at the onset of menopause, could ease symptoms ranging from hot flashes to memory loss; reduce the risk of heart disease, Alzheimer's, osteoporosis, and some cancers; and even extend a woman's overall life expectancy. But when a large study by the Women's Health Initiative announced results showing an uptick in breast cancer among women taking HRT, the winds shifted abruptly, and HRT, officially deemed a carcinogen, was abandoned. Now, sixteen years after HRT was left for dead, Dr. Bluming, a medical oncologist, and Dr. Tavris, a social psychologist, track its strange history and present a compelling case for its resurrection. They investigate what led the public -- and much of the medical establishment -- to accept the Women's Health Initiative's often exaggerated claims, while also providing a fuller picture of the science that supports HRT. A sobering and revelatory read, *Estrogen Matters* sets the record straight on this beneficial treatment and provides an empowering path to wellness for women

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everywhere.

The Hormone of Desire Susan Rako, M.D. 2009-09-02 This is the book you've been hearing about! Dr. Susan Rako has brought her groundbreaking message about the miraculous benefits of testosterone--the female hormone--to women and physicians around the world via Oprah!, Dateline NBC, the New York Times, the Congress on Women's Health, and the Today show, among others. Dr. Rako is at the forefront of the research into testosterone replacement therapy, educating women and their doctors about the essential role testosterone plays in a woman's sexual and physical well-being. Millions of women experience a traumatic loss of sexual desire during menopause. Dr. Rako's breakthrough research has brought to light the fact that the female body produces significant amounts of testosterone that are crucial to the healthy functioning of every woman's libido--linking decreased testosterone levels at the onset of menopause to diminished sex drive--as well as to the health of her bones and heart. In this revised and updated edition, Dr. Rako introduces crucial new information that points to the need for adequate levels of testosterone as a key factor in protecting women from heart attack and stroke. The Hormone of Desire has become the standard-bearer for a new age of women's health, giving women and their doctors the opportunity to make informed decisions. From the Trade Paperback edition.

**Natural Hormone Replacement** Jonathan V. Wright 1997 A book showing that natural hormone replacement offers a safe and effective alternative for the treatment of menopause.

Holistic Hormone Balance Ange Byrne 2019-06-10 The female hormonal system is complicated. Modern medicine has taken an over-simplistic approach to female hormones, making the false assumption that all women are the same. What has been the consequence? Overprescribed medicine. Now that's a bold statement, so allow me to explain. Perhaps you can relate to the

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following: Whenever a woman goes to the doctor because she's experiencing hormonal issues, doctors are very quick to take note of symptoms and then prescribe a specific medicine aimed at alleviating these symptoms. This "quick fix" mentality the medical industry is fuelled by is the fundamental problem with the contemporary Western medical system. Now let me preface by making it clear that I'm not here to complain about how medicine doesn't work and how we should stop vaccinating our children. Of course medicine "works". But what is clear is that it is overprescribed and prescribed far too quickly. Furthermore, what does "work" even mean? Has a medicine truly worked if it is just covering up symptoms rather than actually targeting the root cause of a problem as to prevent it from occurring again and prevent the need to prescribe even more powerful drugs next time? A typical doctor only has 10-15 minutes with a patient (if that) as they have to see hundreds of patients per week. Think about that. 10-15 minutes to make a decisive decision as to what the best course of action is for a specimen as complicated as a human being. This is one of the primary reasons doctors are paid so much. It takes a lot of training and expertise to be able to make a judgement about something that can potentially have harmful or positive effects on someone's well-being within 15 minutes. 10-15 minute appointments make sense from a business perspective. This length of time is also better for the community as a whole as 100 people being seen for 15 minutes is far better than 25 being seen for an hour while 75 are left without any treatment. However, when we're talking about actually finding the best solution to someone's hormonal issues, 10-15 minutes is not even close to being enough time. That's why this book exists, to fill in the missing time from doctors appointments that women around the world, like you, need and deserve. This book exists to give you a holistic understanding of what keeps your hormones healthy as a woman.

Sex Hormones, Exercise and Women Anthony C. Hackney 2023-06-05 Now in a revised and expanded second edition including seven brand new chapters, this book compiles and synthesizes the latest research and clinical evidence regarding the intricate relationship between sex hormones and the physical activity level and overall health of the female endocrine system across the lifespan. Expert authors from around the world discuss in detail the impact of sex hormones on energy metabolism, cardiorespiratory system, nervous system, and musculoskeletal health, as well as environmental and psychological factors affecting exercise and sexual health. Considerations of the hormonal and physiological changes to the menstrual cycle and in menopause due to exercise receive chapters of their own. New to this edition are discussions of pregnancy, menopause, aerobic endurance training, the transgender athlete, sports performance, and the future of sports and exercise science relating to the active female. Covering a hot topic in sports medicine and science, Sex Hormones, Exercise and Women, Second Edition will be of interest to researchers, clinicians, exercise scientists, and residents and fellows in these areas.

The Good News About Women's Hormones Geoffrey Redmond 1995-05-01 Millions of women experience "female" problems such as irregular menstrual cycles, hot flashes, oily skin, heavy monthly bleeding, and the grow of facial hair or loss of scalp hair. Most go through life suffering in silence unable to find satisfying explanations about what is wrong. But these common and potentially serious problems have a hormonal cause and can be successfully treated. This breakthrough guide by Dr. Geoffrey Redmond, a leading specialist in female hormonal disorders, brings women important, up-to-date information about their bodies - some of it available to the public for the first time. Using the latest research and the real-life experiences of women treated at his clinic, Dr. Redmond explains in plain English what you need to know about: New tests that take

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the guesswork out of diagnosing your hormonal imbalance; a crucial link between hormone disorders and obesity - and which diet really works; safe hormone replacement therapies without upsetting side effects; hormonal treatments that can decrease excessive facial hair or correct thinning scalp hair; and ways to counteract the metabolic changes that make heart disease the #1 killer of women.

**Hysterical** Eleanor Morgan 2019-08-27 A riveting exploration of the link between women's hormones and mental health--with advice, personal testimony, facts, and research creating a portrait of how hormones contribute to make up the "female animal" Hysterical seeks to explore the connections between hormones and health, particularly in the frequent mood changes and mental health issues women typically chalk up to the influence of hormones. Journalist Eleanor Morgan investigates the relationship between biochemistry, our bodies, and our mental health, including the context for this discussion: the historic culture of silence around women's bodies. As Morgan argues, we've gotten better at talking about mental health, but we still shy away from discussing periods, miscarriage, endometriosis, and menopause. That results in a lack of vital understanding for women, particularly as those processes are inextricably connected to our mental health; by exploring women's bodies in conjunction with our minds, Morgan urges for new thinking about our health. Examining the mythology of female hormones, the ways that culture shapes our perceptions of women's bodies, and the latest medical research, Hysterical skillfully paints a portrait of the modern landscape of women and health--and shows us how to navigate stigma and misinformation.

**Hormone Repair Manual** Lara Briden 2021-02-22 "The book my patients have been waiting for." Dr Peta Wright, gynecologist and women's health advocate Hormone Repair Manual is a practical guide to feeling better in your 40s, 50s, and beyond. It explains how to navigate the change of

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perimenopause and relieve symptoms with natural treatments such as diet, nutritional supplements, and bioidentical hormone therapy. Topics include: - Why everything is different after "second puberty." - How perimenopause can be a tipping point for long-term health. - The four phases of perimenopause. - The role of testosterone and insulin in weight gain. - How to speak with your doctor about hormone therapy including natural progesterone. - Treatment protocols for all common perimenopause symptoms including night sweats, insomnia, migraines, and heavy periods. - Risk reduction for osteoporosis, heart disease, and dementia. Written by best-selling author and naturopathic doctor, Lara Briden, the book is backed by evidence-based research and real-world patient stories. Praise for Hormone Repair Manual: "The book my patients have been waiting for -- a science and whole woman based approach to the menopausal transition that will give women the wisdom, language, and practical tools to navigate menopause and unveil this time for what it really is -- one of the most transformative and empowering chapters of a woman's life." Dr Peta Wright, gynecologist and women's health advocate "This lively, clear and supportive book provides positive and helpful information that many women need as they approach perimenopause and beyond." Jerilynn C. Prior MD, author of Estrogen's Storm Season "Essential reading for all women over 40, and their doctors!" Dr Natasha Andreadis, gynecologist and fertility specialist "Evidence-based natural solutions for optimizing women's health and wellbeing in their 40s, 50s and beyond." Dr Fatima Khan, menopause specialist

**Women's Moods** Deborah Sichel 1999-11-17 Depression and anxiety are rampant in America. Twice as many women as men are afflicted. They suffer in silence, are misdiagnosed, or aren't even aware of their risk. Here is a bold new explanation for why women's unique brain chemistry makes them vulnerable to mood problems and what they can do about it. Only this book details all the risk

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factors, including the brain's sensitivity to female hormones, life stresses, reproductive events, and a woman's genetic history. Combining more than forty years of clinical work with their own personal experiences, the authors share a self-care program that helps the brain self-stabilize to alleviate and prevent problems. They also advocate early, customized use of medication before problems become entrenched. This powerful, proven approach is a call to awareness for women who have been trying to "be strong" for too long. Both authors are sought-after speakers, known for their sensitive, no-nonsense presentations, guaranteed to fill the auditorium. They continue their work with women through the Hestia Institute, a collaborative practice they co-founded in Wellesley, Massachusetts. Depression and anxiety are rampant in America. Twice as many women as men are afflicted. They suffer in silence, are misdiagnosed, or aren't even aware of their risk. Here is a bold new explanation for why women's unique brain chemistry makes them vulnerable to mood problems and what they can do about it. Only this book details all the risk factors, including the brain's sensitivity to female hormones, life stresses, reproductive events, and a woman's genetic history.

The Female Brain Cynthia L. Darlington 2003-08-29 Ironically, the organ with the greatest reason to differ between the sexes, the brain, is often viewed as the most androgynous of all. Are there differences? Almost by convention, male animals are used in laboratory experiments in neuroscience. Even in clinical drug trials in humans, females are often excluded from the early phases of testing because

The Secret Female Hormone Kathy C. Maupin, M.D. 2015-03-02 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

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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 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.

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