

sudden menopause

*Restoring Health and
Emotional Well-Being*

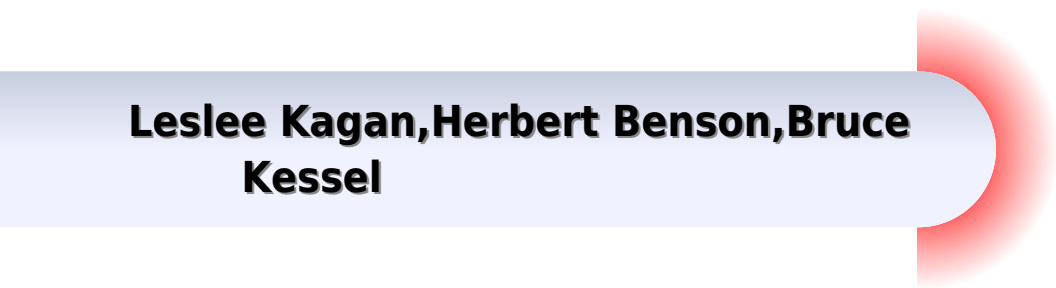
"This comprehensive resource on sudden menopause is educating and inspiring. With this book, sudden menopausal women can take charge of their health and their lives."

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Debbie DeAngelo, RNC, BSN

Sudden Menopause Restoring Health And Emotional Wellbeing

Leslee Kagan, Herbert Benson, Bruce Kessel



Sudden Menopause Restoring Health And Emotional Wellbeing:

Sudden Menopause Debbie DeAngelo, 2001-07-17 This book provides answers for women not quite at midlife who undergo menopause brought on by a hysterectomy, anorexia, chemotherapy, or a reaction to medication. Topics covered include hot flashes, emotional instability, osteoporosis prevention, and heart disease. Each subject is addressed medically and holistically with a thorough description of coping options.

Sudden Menopause Debbie DeAngelo, 2001 Addresses sudden onset menopause brought on by hysterectomy, chemotherapy, radiation, anorexia, premature ovarian failure, and other conditions.

Mind Over Menopause Leslee Kagan, Herbert Benson, Bruce Kessel, 2004-04-13 A groundbreaking mind/body program for perimenopause and menopause uses relaxation, response techniques, nutrition, and exercise to manage menopause symptoms.

Menopause Without Medicine Linda Ojeda, 2003 This book is needed more than ever. The National Institute of Health interrupted their huge HRT hormone replacement therapy study in July 2002 after they found that Prempro, a combination of estrogen and progestin, had detrimental health effects which include an increased risk for breast cancer, heart disease, and stroke. This new edition examines the latest information about HRT and the safer alternatives. It completely validates the author's long-held bias against HRT and shows women whether perimenopausal, menopausal, or postmenopausal how they can maintain and improve their health and well-being without the use of synthetic hormones. The book offers complete information on menopausal symptoms and effects and ways to alleviate them. Updated sections cover heart disease, including hormonal effects, the role of cholesterol, diet, and supplements; osteoporosis; and breast cancer. The section on exercise and nutrition for health and weight is completely rewritten. The latest information on non-hormonal remedies to balance hormones is what is needed by every woman wanting to avoid HRT.

Breast Cancer Answers Judith King, 2004 Breast cancer answers: practical tips and personal advice from a survivor.

A Woman's Guide to Menopause, Body Image, and Emotional Well-being at Midlife Signe Darpinian, 2005-12-08 A Woman's Guide to Menopause: Body Image and Emotional Well-being at Midlife is the definitive primer for all things midlife and menopause, offering anticipatory guidance and research-based strategies. This book breaks down the transition to menopause in an accessible way to guide readers through what can be a confusing and isolating life stage. Harnessing her trademark curiosity and relatable wit, Signe Darpinian helps women navigate the most common menopause symptoms, body changes, and mental health and emotional challenges, and tackles love, sex, and body image through a weight-inclusive lens. Each chapter shares real-life stories and expert advice to empower women to cut through diet culture's harmful messaging and foster their own authentic well-being and joy. Ideal for women approaching or experiencing menopause or as a clinical companion for those working with this population, this guide is essential for traversing menopause and midlife.

The Complete Menopause Mental Health Workbook Briana Esther Potts, 2006-03-20 Linda Ojeda has long maintained that menopause is a natural stage in a woman's life, not a pathology that must be medicalized. In *MENOPAUSE WITHOUT*

MEDICINE she takes a sympathetic science based approach to this still poorly understood and often maltreated natural phenomenon Now in its fifth English language edition this definitive resource includes a detailed response to recent findings from the National Institutes of Health about the dangers of conventional HRT hormone replacement therapy clarifying why synthetic HRT has been found harmful and offering a wide range of alternatives The author covers all current nonmedical approaches to menopausal symptoms and explains what women can do if supplements herbs and soy products do not work for them Complete with tables and photographs this updated bestseller fits the bill at last for Spanish speaking women seeking guidance on how to handle their premenopausal and menopausal years without resorting to HRT *The Publishers Weekly*, 2001 **Library Journal**, 2001 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

Decoding **Sudden Menopause Restoring Health And Emotional Wellbeing**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Sudden Menopause Restoring Health And Emotional Wellbeing**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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