

"*Taking Back the Month* is a breakthrough, non-drug approach to managing health and premenstrual symptoms. Dr. Taylor's insights are based on solid research...this book will be a tremendous aid."

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*Feel good all month long...*

# **Taking Back<sup>the</sup> Month**

**A Personalized Solution  
for Managing PMS and  
Enhancing Your Health**

**Diana Taylor, R.N., Ph.D., and Stacey Colino**

# **Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health**

**Edmund J. Bourne**



## **Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health:**

**The New Truth About Menopause** Carol Landau, Michele G. Cyr, 2003-11 Nearly every month brings alarming new headlines about menopause and hormone therapy leaving millions of women who were taking those hormones or planning to take them unsure of what to do next Even their doctors don't always know After all for years the medical establishment had been saying that hormones protected women against heart attacks and Alzheimer's disease Now two distinguished leaders in the field have stepped forward to help women make sense of the latest findings Drs Landau and Cyr offer frank expert advice for women who don't know whether to stop or start hormone therapy are at risk for heart disease osteoporosis or breast cancer suffer from disabling hot flashes or mood swings want the facts on safe effective alternatives to hormone treatment From evaluating new research to assessing their risk factors and goals this book helps women go beyond the headlines to take charge of their own well being

**My Physician Guide to Premenstrual Syndrome**, **Taking Back the Month** Diana L. Taylor, Stacey Colino, 2002 With this guide written by a leading researcher in the field of PMS and a writer specializing in women's health a woman can Find patterns in her PMS symptoms Put together the best PMS diet for herself Understand the role of relaxation Modify her response to stress Explore alternative and complementary remedies including medications acupuncture and herbs Now women can create a customized remedy that is specific to their symptoms and needs With comprehensive effective strategies PMS relief is finally available to all women

**Women's Gynecologic Health** Kerri Durnell Schuiling, Frances E. Likis, 2013 Women's Gynecologic Health Second Edition equips students and practicing clinicians with comprehensive information about women's gynecologic health including health promotion maintenance and treatment Based on the most recent research the authors provide authoritative content written from a feminist perspective the Second Edition has been completely revised and updated and includes new chapters on diagnosis of pregnancy at the gynecologic visit women's health after bariatric surgery gynecologic health care for sexual and gender minorities and urinary tract infections Key features include

**The Anxiety and Phobia Workbook** Edmund J. Bourne, 2011-01-02 Relieve Your Anxiety and Start Living Without Fear The Anxiety and Phobia Workbook has already helped over one million readers make a full and lasting recovery from generalized anxiety disorder social anxiety specific phobias panic attacks obsessive compulsive disorder and other anxiety related issues Packed with the most effective skills for assessing and treating anxiety this workbook can be used alone or as a supplement to therapy to help you develop a full arsenal of skills for quieting worried thoughts and putting yourself back in control This new edition has been thoroughly updated with the latest anxiety research and medications and also includes new therapeutic techniques that have been proven effective for the treatment of anxiety and anxiety related conditions Each worksheet in this book will help you learn the skills you need to manage your anxiety and start living more freely than you ever thought possible With this workbook you'll learn a range of proven methods for overcoming anxiety Relaxation and breathing techniques Challenging negative self talk and mistaken beliefs Imagery and

real life desensitization Making lifestyle nutrition and exercise changes Acceptance and commitment therapy Skills for preventing and coping with panic attacks      **Premenstrual Disorders** Sherry Bonnice,2014-09-02 Premenstrual syndrome plays a very real role in the lives of adolescent girls and women who suffer from its symptoms Although this disorder has been misunderstood undertreated and disregarded as merely all in her head research confirms that PMS is a problem that can cause women to suffer poor relationships lower academic grades and physical and mental disturbances Furthermore doctors now understand that premenstrual disorders are legitimate medical conditions with real and serious implications for women s mental well being In this book you can learn about premenstrual disorders how they have been unfairly stigmatized and how they are finally being understood With new medical understanding has come new treatments Learn about antidepressants and other medications currently being used to treat serious symptoms of premenstrual disorders In addition you can learn about the benefits risks and side effects associated with these drugs as well as alternative treatments for premenstrual disorders While you read you will share in the experiences of many women from high school to perimenopausal age who have struggled with premenstrual disorders and their effects In their stories you will see that due to new understanding and treatments women experiencing premenstrual disorders no longer need to feel stigmatized or alone

**Anxiety and Phobia Workbook** Edmund J. Bourne,2009-08-12 Research conducted by the National Institute of Mental Health has shown that anxiety disorders are the number one mental health problem among American women and are second only to alcohol and drug abuse among men Approximately 15 percent of the population of the United States or nearly 40 million people have suffered from panic attacks phobias or other anxiety disorders in the past year Nearly a quarter of the adult population will suffer from an anxiety disorder at some time during their life Yet only a small proportion of these people receive treatment It is quite possible to overcome your problem with panic phobias or anxiety on your own through the use of the strategies and exercises presented in this workbook Yet it is equally valuable and appropriate if you feel so inclined to use this book as an adjunct to working with a therapist or group treatment program      [Anxiety & Phobia Workbook \(Volume 3 of 3\) \(EasyRead Super Large 18pt Edition\)](#) ,      *Anxiety & Phobia Workbook (Volume 3 of 3) (EasyRead Super Large 20pt Edition)* ,      *New Blood* Chris Bobel,2010 Chris Bobel is a careful ethnographer respectful of research participants and while she clearly takes a stand on menstrual activism she handily defends her proposition that feminism is finding its balance between reliving its past and creating its future Bobel s work which includes incisive analysis of how third wave activists incorporate and update tactics and strategies of the second wave will be a welcome addition to the scholarship of feminism

Elizabeth Kissling author of Capitalizing on the Curse The Business of Menstruation      **Anxiety & Phobia Workbook (Volume 2 of 2) (EasyRead Edition)** Edmund J. Bourne,1990      [Finding Your Emotional Balance](#) Merry Noel Miller,2015-12-15 A wise empathetic guide to emotional and mental health for women of all ages Women are twice as likely as men to become depressed While they seek help for mental disorders more often than men they also seek to help others

trying to keep everyone happy while taking care of parents spouses and children Sometimes doing it all is doing too much In Finding Your Emotional Balance Dr Merry Noel Miller offers women of all ages advice for coping with life s challenges while increasing its joys Drawing on her three decades of experience as a psychiatrist specializing in women s mental health as well as her own personal struggles with depression and grief she explains the special vulnerabilities and strengths of women during adolescence the childbearing years menopause and late in life Dr Miller opens each chapter with stories about women who are dealing with issues related to their stage in life She discusses common mental disorders in the context of life stages exploring the symptoms of depression anxiety substance abuse bipolar disorder and unresolved grief She also offers a variety of remedies suggesting medical and nonmedical approaches to finding emotional balance even in the most stressful times Each chapter ends with a list of suggested readings and websites

**Consciously Female** Tracy Gaudet,Paula Spencer,2007-12-18 In this revolutionary new book Dr Tracy Gaudet director of the Duke Center for Integrative Medicine shares her remarkable vision of a new way of looking at self and wellness which will change the way women think about their bodies their health and their lives Through her own personal journey as well as her work with thousands of women as an Ob Gyn Dr Gaudet knows that being able to tap into the spiritual emotional and cyclical realities of female life has a powerful effect on health and well being Yet she has found that many women are unconscious of the intimate connections between these realms Now Dr Gaudet explains to women how to reconnect their bodies and their souls in order to become consciously female Using her experience in integrative medicine which draws on the best of both alternative and conventional Western practices she offers mind body techniques that will give you a deeper understanding of the inner workings of your body and access to your unique feminine wisdom By helping you make the best possible choices to support your health and wellness the process of becoming consciously female will enrich and empower your life day to day week to week year to year

**Anxiety & Phobia Workbook (Volume 4 of 4) (EasyRead Super Large 24pt Edition) ,      **Jump Off the Hormone Swing**** Lorraine Pintus,2011-01-01 In Jump Off the Hormone Swing Lorraine Pintus shares openly about the inner tension a woman can feel at certain times of the month between wanting to love her neighbor on one hand and wanting to strangle her and shoot her ugly dog on the other While many books discuss the physical and emotional symptoms of hormones this is the first to explore in depth the spiritual aspects Jump is a mentoring book not a medical book The focus is on attitude not anatomy Lorraine shares insights from her own journey as well as wisdom from 1 500 women she surveyed Sound biblical wisdom is laced with humor because after all when it comes to hormones you either have to laugh or cry and laughing is better Get answers to these questions What is the number one thing I can do to feel better physically How does PMS and perimenopause affect me spiritually Which foods ease PMS symptoms which make them worse How do hormones affect my brain Why does stress make my PMS worse and what can I do about it Are there benefits to PMS and perimenopause you ll discover 10 How can God possibly love me when I hate myself Includes a 10 week study for individual and group use

**Count Down** Shanna H. Swan, Stacey Colino, 2021-02-23 In the tradition of *Silent Spring* and *The Sixth Extinction* an urgent disturbing empowering and essential Kirkus Reviews starred review book about the ways in which chemicals in the modern environment are changing and endangering human sexuality and fertility on the grandest scale from renowned epidemiologist Shanna Swan In 2017 author Shanna Swan and her team of researchers completed a major study They found that over the past four decades sperm levels among men in Western countries have dropped by more than 50 percent They came to this conclusion after examining 185 studies involving close to 45 000 healthy men The result sent shockwaves around the globe but the story didn't end there It turns out our sexual development is changing in broader ways for both men and women and even other species and that the modern world is on pace to become an infertile one How and why could this happen What is hijacking our fertility and our health *Count Down* unpacks these questions revealing what Swan and other researchers have learned about how both lifestyle and chemical exposures are affecting our fertility sexual development potentially including the increase in gender fluidity and general health as a species Engagingly explaining the science and repercussions of these worldwide threats and providing simple and practical guidelines for effectively avoiding chemical goods from water bottles to shaving cream both as individuals and societies *Count Down* is staggering in its findings Erin Brockovich *The Guardian* and will serve as an awakening *The New York Times Book Review*

**The Wrong Prescription for Women** Maureen C. McHugh, Joan C. Chrisler, 2015-07-14 This groundbreaking book challenges the medicalized approach to women's experiences including menstruation pregnancy and menopause and suggests that there are better ways for women to cope with real issues they may face Before any woman diets douches botoxes reduces reconstructs or fills a prescription for antidepressants statins hormones menstrual suppressants or diet pills she should read this book Contesting common medical practice the book addresses the many aspects of women's lives that have been targeted as deficient in order to support the billion dollar profits of the medical pharmacological industry and suggests alternatives to these remedies The contributors psychologists sociologists and health experts are also gender experts and feminist scholars who recognize the ways in which gender is an important aspect of the human experience In this eye opening work they challenge the marketing and science that increasingly render women's bodies and experiences as a series of symptoms diseases and dysfunctions that require treatment by medical professionals who prescribe pharmaceutical and surgical interventions Each article in the book addresses the marketing of a specific condition that has been constructed in a way that convinces a woman that her body is inadequate or her experience and behavior are not good enough Among the topics addressed are menstruation menopause pregnancy post partum adjustment sexual desire weight body dissatisfaction moodiness depression grief and anxiety

**Is It Me or My Hormones?** Marcelle Pick, MSN, OBGYN, NP, 2014-03-03 The four week plan for hormonal health that will stabilize your hormones and make you feel like yourself again One of the most common and agonizing problems women face today is hormonal imbalance Sometimes it's a nightmarish premenstrual syndrome depression cravings bloating weight gain

irritability and even out of control rage for up to three weeks each month Sometimes it s periods so painful that you have to arrange your entire life around your cycle Sometimes it s a rocky passage into perimenopause that changes everything you know about yourself and your body Luckily you can resolve these hormonal issues you just need accurate actionable information to do so In *Is It Me or My Hormones* Marcelle Pick author of *The Core Balance Diet* and *Is It Me or My Adrenals* delves into the often misunderstood world of female hormonal imbalance Sharing her personal struggles and her experiences with patients Marcelle helps you understand how the right diet exercise supplements herbs and psychological support occasionally complemented with bioidentical hormones can free you from hormone disruption After walking you through the basic science of how your hormones affect your body mind and emotions Marcelle lays out an accessible easy to follow four week plan for hormonal health 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 It s hard to imagine what a huge impact your diet your lifestyle your thoughts and your hormones can have on your health and well being 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 By paying attention to hormonal balance you can sail through your 40s and 50s as an energetic sensuous and sexually alive woman reaping the benefits of age and experience while enjoying the vitality of youth Marcelle Pick      *Women's Health Care in Advanced Practice Nursing* Catherine Ingram Fogel, Nancy Fugate Woods, 2008-06-23 Designated a Doody s Core Title A comprehensive resource oriented to advanced nursing students but one that also will interest women wishing to learn more about thier health The volume also covers nutrition exercise sexuality infertility and other chronic illnesses and disabilities A wonderful resource Summing up Highly recommended Choice This book is the ideal tool to help graduate level nursing students expand their understanding of women s health care and wellness issues For easy reference *Women s Health Care in Advanced Practice Nursing* is organized into four parts *Women and Their Lives* covering connections between women s lives and their health *Frameworks for Practice* addressing health care practice with women *Health Promotion* covering ways for women to promote their health and prevent many chronic diseases *Threats to Health and Health Problems* addressing problems unique to women diseases more prevalent in women and those in which there are different risk factors Key features include The most recently available data on selected social characteristics of women with a focus on changing population demographics Separate chapters on health issues of adolescent young adult midlife and older women Chapters on preconceptional and prenatal care Chapters covering cardiovascular disease chronic disease sexually transmitted infections and other common infections HIV AIDS and women with disabilities Lesbian health care content which is integrated throughout      **Brazilian**

**Waxes, Lazy Ovaries & Outrageous Orgasms** Lisa Sussman, 2006 This up to date extremely honest and sassy book demystifies the workings of the female body and reveals everything a woman needs to know about her sexual health Brazilian Waxes Hellacious Cramps and Outrageous Orgasms presents questions that many women find too embarrassing to ask their doctor or even their girlfriends The author then offers disarming sometimes funny answers written as if the author was a close girlfriend While the author's writing style may be light and chatty she has spoken with leading health experts read countless medical journals and deciphered stacks of studies to provide the smartest sexual health advice possible There are detailed techniques for better longer sex helpful suggestions for specific medical conditions questionnaires to test one's sexual knowledge facts and tips and practical advice and useful resources



Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health** . This immersive experience, available for download in a PDF format ( \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

<https://archive.kdd.org/files/publication/default.aspx/the%20cat%20who%20lived%20high.pdf>

## **Table of Contents Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health**

1. Understanding the eBook Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
  - The Rise of Digital Reading Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
  - Advantages of eBooks Over Traditional Books
2. Identifying Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
  - User-Friendly Interface
4. Exploring eBook Recommendations from Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
  - Personalized Recommendations
  - Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health User Reviews

and Ratings

- Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health and Bestseller Lists

5. Accessing Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health Free and Paid eBooks

- Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health Public Domain eBooks
- Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health eBook Subscription Services
- Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health Budget-Friendly Options

6. Navigating Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health eBook Formats

- ePub, PDF, MOBI, and More
- Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health Compatibility with Devices
- Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
- Highlighting and Note-Taking Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
- Interactive Elements Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health

8. Staying Engaged with Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health

9. Balancing eBooks and Physical Books Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
  - Setting Reading Goals Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
  - Fact-Checking eBook Content of Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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