

"*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."

—Larry Dossey, M.D., author of  
*Healing Beyond the Body* and *Healing Words*



*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**

**Diana L. Taylor, Stacey Colino**



## **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](#) , [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 *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 **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.

**Women's Gynecologic Health** Kerri Durnell Schuling, 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:

*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.

*New Blood* Chris Bobel, 2010-05-05. *New Blood* offers a fresh, interdisciplinary look at feminism in flux. For over three decades, menstrual activists have questioned the safety and necessity of feminine care products while contesting menstruation as a deeply entrenched taboo. Chris Bobel shows how a little-known yet enduring force in the feminist health, environmental, and consumer rights movements lays bare tensions between second and third wave feminisms and reveals a complicated story of continuity and change within the women's movement. Through her critical ethnographic lens, Bobel focuses on debates central to feminist thought, including the utility of the category gender and challenges to building an inclusive feminist

movement Filled with personal narratives playful visuals and original humor New Blood reveals middle aged progressives communing in Red Tents urban punks and artists culture jamming commercial menstrual products in their zines and sketch comedy queer anarchists practicing DIY health care African American health educators espousing holistic womb health and hopeful mothers refusing to pass on the shame to their pubescent daughters With verve and conviction Bobel illuminates today s feminism on the ground indisputably vibrant contentious and ever dynamic **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 3 of 3) (EasyRead Super Large 18pt Edition) ,*

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often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Taking Back The Month A Personalized Solution For Managing Pms And Enhancing Your Health books and manuals for download and embark on your journey of knowledge?

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