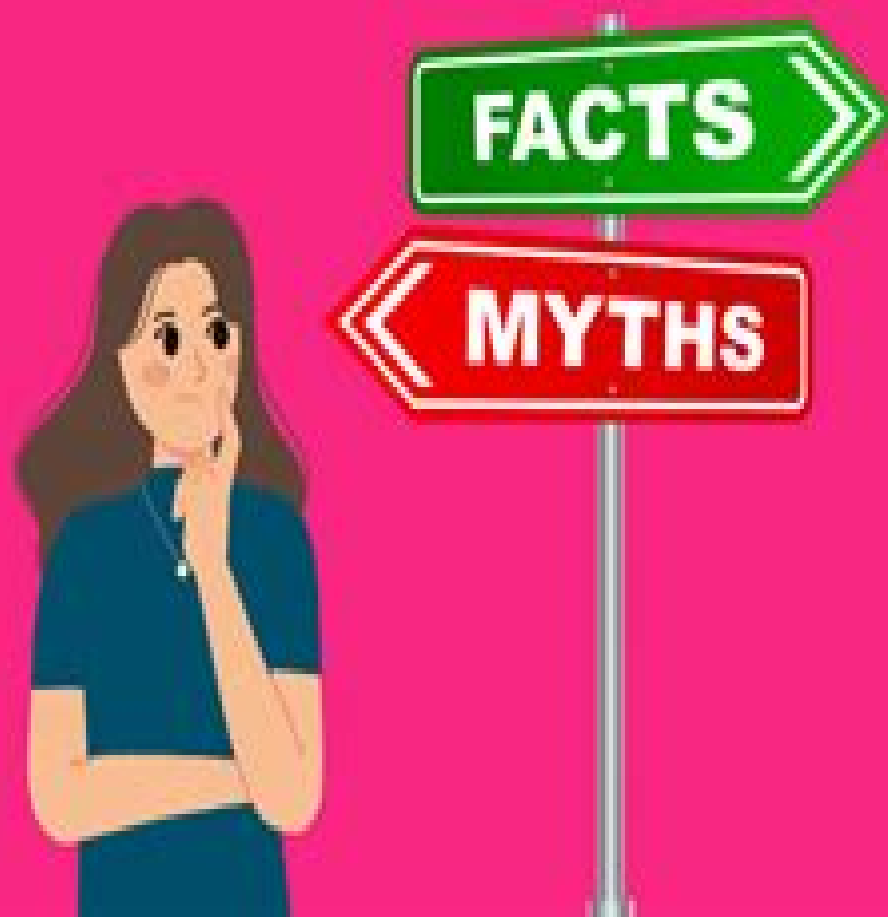


MENOPAUSE MYTHS AND FACTS!



The Menopause Myth

Gertrude Swanson



The Menopause Myth:

The Menopause Myth Arianna Sholes-Douglas, 2021 From hormone replacement therapy to the benefits of yoga and meditation this book is a comprehensive guide to navigating menopause Includes discussion of the importance of self care menopause and your sex life the truth about your hormones solutions for vaginal health the myriad of symptoms that accompany perimenopause and menopause how your diet can improve your health and the effects of inflammation on the body *The Great Menopause Myth* Kristin Johnson, Maria Claps, 2024-09-10 A must read for every woman in midlife and an excellent resource to truly understand what is happening during this transition time Additionally within these pages you will find ways to optimize your health before during and after menopause and be well informed and empowered in your own personal advocacy You will love it Dr Anna Cabeca OB GYN bestselling author of *The Hormone Fix* and *MenuPause* You have been misled about menopause This comprehensive guide based on the latest research in aging women's health and HRT dispels decades of misinformation *The Great Menopause Myth* is your essential resource for optimized menopause care More than simply an end to fertility menopause is a time when a woman's health can spin out of control The hormonal shifts of menopause impact everything from body composition and immune system function to increased risk of chronic health conditions such as cancer diabetes dementia heart disease and osteoporosis If you're lucky enough to even be offered menopause treatment traditional protocols based on decades old shoddy science and erroneous research conclusions have gotten it wrong Badly wrong For years conventional wisdom and medical practice have told women nothing needs to change in their lifestyle or healthcare at midlife and they should just white knuckle the discomfort of hot flashes sleeplessness weight gain and loss of muscle mass mood swings painful sex joint pain and incontinence as if it will all just magically go away in a decade or two *The Great Menopause Myth* shows you how to age wise and well at midlife and beyond Learn actionable steps and guidelines to curate an optimized menopause regimen based on your unique health considerations Nutrition exercise and sleep hygiene at midlife Best practices for aging healthy Thyropause fatty liver disease and gut health The overlooked systems that need attention during menopause HRT or MHT What is the difference and does it matter hint it does Not all HRT is created equal Low dose or physiologic Static or rhythmic Continuous or cyclic Creams gels patches injections pills or pellets Learn how to choose the best option for you When HRT is truly not an option Supplements and integrative options for menopause care Centered on your overall health and happiness *The Great Menopause Myth* offers a welcome new narrative on menopause *The Menopause Myth for Women Over 70* Sara W Myers, 2024-09-18 Are you navigating the complexities of menopause after 70 and feeling overwhelmed by outdated advice *The Menopause Myth for WOMEN Over 70* is here to offer clarity empowerment and science backed solutions tailored specifically to women in their 70s and beyond This indispensable guide reveals the truth behind common menopause myths providing actionable steps to manage symptoms and improve your overall well being It's never too late to take control of your health discover how to age gracefully while staying

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The Menopause Bible Gertrude Swanson, 2022-12-25 Who Else Wants The Best Training To Deal With Menopause Worried about the different stages of Menopause Don t be The Menopause Bible is here to guide you every step of the way Each chapter covers different areas from pre menopause to perimenopause and provides advice on how to deal with the different symptoms We re also going to bust the most common myths surrounding Menopause It s not easy going through the different stages of life but it s even harder when you re struggling with the symptoms of Menopause Whether you re experiencing hot flashes night sweats mood swings or anxiety this book has everything you need to get through it all In this book you ll learn about Myths of menopause exposed Visceral fat and subcutaneous fat Post menopause Lead a healthy and happy lifestyle Cardiovascular disease Bones and bone health Topical treatments Yoga Biofeedback Acupuncture Other folk remedies Get to know your herbs The pros and cons of herbals Alternative non hormonal therapies How can you tell whether your body is still fertile Are you trying to get pregnant Keep the fire burning different ways to get rid of painful intercourse Libido How menopause can decrease a woman s sexual desire Sex life and menopause Recommended Tests Exercise Treatment of urinary tract infections Taking relief supplements Perimenopause Symptoms Typical Mental Symptoms Vasomotor menopausal symptoms CBT Alternatives to hormone therapy HT Combination therapy Hormone therapy Sexual health bone wellness and general well being Perimenopause and PMS Follicular dysfunction and follicular exhaustion can occur for several reasons Coping with early menopause Understanding the different types of menopause Perimenopause Evolutionary view Changes in body composition during menopause Menopause is not a disease Menopause the basics And much much more So why wait Grab your copy today and start getting better informed

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