

THE SAVVY WOMAN'S GUIDE™ TO TESTOSTERONE

A portrait of a woman with long, wavy reddish-brown hair and bangs, looking slightly to the right with a gentle smile. She is wearing a dark, textured top. The background is a soft, out-of-focus yellow.

How to Revitalize Your
Sexuality, Strength and Stamina

Elizabeth Lee Vliet, M.D.

Author of *Women, Weight, and Hormones*
It's My Ovaries, Stupid! and *Screaming To Be Heard*

Savvy Womans Guide To Testosterone

Vera S. Maass



Savvy Womans Guide To Testosterone:

The Savvy Woman's Guide to Menopause Julia Schlam Edelman, 2025-10-14 This book offers evidence based advice on managing menopause symptoms and optimizing midlife health through lifestyle changes treatments and preventive strategies Provided by publisher

The Savvy Woman's Guide to Testosterone Elizabeth Lee Vliet, 2005 Testosterone is as natural to women as estrogen It is not just a man's hormone From a woman's teens until menopause her body makes more testosterone than estrogen Testosterone is crucial to a woman's health and well being Loss of testosterone can cause loss of sex drive and sexual sensation marked fatigue low energy hair loss decreased stamina loss of height weakness decreased metabolism and other symptoms Even though new testosterone therapy options for women have yet to reach the consumer market Dr Vliet guides you through the treatment options currently available and teaches women how to successfully apply them Much as Viagra revolutionized the treatment of erectile dysfunction in men it's now the women's turn This book provides reliable cutting edge medical information important now to overcome stigma and negative myths about testosterone Dr Vliet teaches women to avoid risks of improper dosing using new treatment options with bioidentical testosterone This book will help women learn ways to restore libido improve muscle strength build healthy bone and maintain normal energy levels

Facing the Complexities of Women's Sexual Desire Vera S. Maass, 2006-11-22 This book represents a broad based approach to a narrow but complex issue The issue causes distress for many and has been instrumental in family disruption and divorce Women's sexual desire whether it is too little or too much has become an issue of growing concern and vague promises for solution In the meantime the women are looking for answers consulting professionals in the field of human sexuality physicians or therapists media advice and self help books The material discussed in this book is not part of any structured research The women encountered in the pages of this book have not been selected on a random basis Some have been clients some are volunteers from the general population and another group is made up of undergraduate college students The college students came from a varied ethnic and cultural background while the clients mainly were of white and African American background The volunteers were predominantly from a white middle class population There is no claim that the women are representative of all women in the general population

The Cinderella Test: Would You Really Want the Shoe to Fit? Vera Sonja Maass, 2009-06-24 A leading psychologist looks at the pitfalls women face when like the fairytale Cinderella they focus on pleasing others and conforming to stereotypes instead of expressing their individuality In this thought provoking volume clinical psychologist Vera Maass examines the negative side of the glory of Cinderella's promise that women buying into the myth's demand for conformity risk losing their individuality and sacrificing their personal goals Think the tale is too old or too innocent to be relevant See television's *The Bachelor* Based on Maass extensive psychotherapy work and interviews *The Cinderella Test Would You Really Want the Shoe to Fit* provides answers and strategies to issues raised by clients in therapy and women in the community at large women of all ages and backgrounds Maass also integrates

stories of women throughout history who broke through limits placed upon them by sociocultural expectations and achieved richer more fulfilled lives An eye opening look at the choices and challenges faced by women today The Cinderella Test shows the dangers of trying to make the foot fit the slipper and why and how Cinderella herself should be doing the testing

Moods, Emotions, and Aging Phyllis J. Bronson, 2013-07-05 Despite the backlash against hormone replacement therapy the depletion of natural hormones in the female body continues to be a problem for women at middle age and beyond Remedying the problem has proved difficult for women and doctors who are unaware of or reluctant to prescribe bioidential hormones those that match identically the hormones made naturally in the human body *Moods Emotions and Aging Hormones and the Mind Body Connection* explains the vital link for women between hormones mood and wellness It outlines the dramatic hormonal shifts that women undergo in the years before menopause and presents an approach to combining bioidential hormone therapy with nutrients to achieve mood balance during midlife and beyond Phyllis Bronson explains the differences between synthetic and bioidential hormones and offers vignettes of women who have used bioidential hormones to help them deal with the changes that accompany natural hormone loss This is a groundbreaking book for general readers written by a scientist who is able to take the mystery and the hype out of the hormone controversy It is intended to empower women along with their doctors to make better and more informed choices about their health and well being as they approach a time in their lives when things can seem like they are spinning out of control The link between hormones mood emotions and overall wellbeing is a powerful one and when women are aware of it they can take steps to bring themselves into better balance physically and emotionally Here Bronson shows them how [Balance Your Health](#) Richard Sollazzo, MD, 2013-10 If you want to learn more about alternative and traditional medicine and how to use them safely and effectively Dr Richard Sollazzo's *Balance Your Health* can help If you indiscriminately combine alternative and traditional medicine you might decrease their effectiveness get sick or even die It is essential to appreciate how alternative and traditional medicine can and can't work together Dr Sollazzo has spent his life utilizing both traditional and alternative treatments in order to obtain the most desirable results As a board certified doctor in several specialties he offers advice to help you boost your vitality so you can live a more rewarding life battle cancer Lyme disease obesity hormonal issues high blood pressure high cholesterol and other ailments and understand the benefits of correctly combining traditional medicine with various alternative treatments When seeking to improve and maintain your health there doesn't need to be a tug of war between two systems of health care Applying contemporary medicine and alternative approaches can increase your life span and make it possible to treat the causes of illness not the symptoms Take charge of your life and bridge the divide between conventional and alternative medicine with the tools strategies and insights in *Balance Your Health* **The Savvy Bride's Answer Guide** Wilford Wooten, Phillip J. Swihart, 2008-02-06 The long term success of a marriage depends heavily on how well spouses make the adjustments of the early years Getting good advice early helps manage expectations and encourages

couples to prepare by discussing key issues The Smart Groom's Answer Guide and companion book The Savvy Bride's Answer Guide answer questions for the bride and groom in a format appropriate for giving at showers weddings and premarital counseling sessions as well as buying for personal use *The Savvy Guide to Making More Money* Susan Hayes, 2014-01-02 Financial trainer Susan Hayes believes that everyone no matter what their circumstances can learn how to make more money In *The Savvy Guide to Making More Money* she gets to the heart of what's stopping you and in the style of straight talking money experts like Martin Lewis and Suze Orman she comes up with practical suggestions whatever your situation Even at the best of times making more money can seem daunting And when it's not the best of times it can seem impossible However you would be amazed how simple it is to fatten your bank balance if you go about it the right way *The Savvy Guide to Making More Money* is a one stop shop where you can equip yourself with strategies to grow your income From her days as a self employed student to now running a financial training company Susan Hayes has always approached the business of making money in a practical can do way It has been successful for her and the many people she has worked with Now she shares her advice and tips with you Among many other things *The Savvy Guide to Making More Money* will help you to understand why you haven't made more money by now learn tried and tested techniques to raising new revenues choose the best way to put your money to work for you find out who can help you get to your income goals You don't have to be a business genius to make money Through a combination of skill and smart thinking you will be amazed at what you can achieve Brilliant absolutely brilliant I was up till four o'clock this morning reading it making notes The Tom Dunne Show on The Savvy Woman's Guide to Financial Freedom She writes with humourous directness unflinching good sense and practical advice makes me think I can tackle my own issues The Herald A great read easy to understand The Sun Susan Hayes is managing director of the international financial training company Hayes Culleton Her can do approach to resolving even the stickiest economic questions in her many media appearances RT TV3 Today FM 4FM Sunday Independent has seen her become known as the Positive Economist Her first book was *The Savvy Woman's Guide to Financial Freedom* **The Savvy Ally** Jeannie Gainsburg, 2023-03-14 Bursting with passion and humor *The Savvy Ally A Guide for Becoming a Skilled LGBTQ Advocate* is a treasure trove for allies to the LGBTQ communities This fully revised second edition includes The most current information on identities and LGBTQ language Tips for respectfully sharing gathering and using pronouns LGBTQ etiquette including common language bloopers to avoid Tools for navigating difficult conversations Best practices for creating LGBTQ inclusive spaces Appropriate actions to take after messing up Techniques for self care and sustainable allyship *The Savvy Ally* is a vital resource for teachers mental health professionals healthcare providers college professors faith leaders family members and friends who want to support and advocate for the LGBTQ people in their lives and help make the world a safer more inclusive place This informative encouraging and easy to understand guidebook will jump start even the most tentative ally 100% of the royalties from the first year of sales of this 2nd edition will be donated to nonprofit organizations working to

build a safer and more inclusive world for LGBTQ people

The Brainpower Plan Jordan K. Davis, 2005 The human brain consists of more than 100 billion nerve cells which die off as people age Until recently it was believed that these cells did not regenerate but recent scientific findings proved that the brain does have nerve cells that are capable of regenerating a breakthrough that has changed the entire landscape of brain research and treatment It is this newly discovered ability of the brain to restore renew and regenerate that Dr Jordan K Davis focuses on in The Brainpower Plan A neurosurgeon for over thirty years Dr Davis puts all the valuable information he has gleaned into this book in order to help you avoid the all too prevalent disastrous choices that can diminish your brainpower and with it the quality of your life He outlines the brain's structure and the functions of each part then discusses the three primary neurological diseases that can befall the brain strokes Alzheimer's and other memory impairment diseases and Parkinson's disease He then shows that these are not the unavoidable genetic consequences of the aging process but are in most cases avoidable and treatable Dr Davis details all the risk factors for these and other diseases and then presents his Super Strategies for Brain Health The doctor is emphatic that optimum nutrition creates a favorable environment for the body to boost its immune system and thereby helps prevent degenerative diseases of the internal organs most critically the brain Justifiably convinced of the efficacy of his strategies Dr Davis believes that if you follow his advice on nutrition supplements exercise mental stimulation and moderate lifestyle changes you will see improvements in just a matter of weeks Book jacket

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