

Sailing Thru Menopause



By Gail Mewes

Gail Mewes shows you how to navigate the turbulent waters of menopause with her hilarious new book.

**100 Illustrated Tips
on coping with "the change"**

by Gail Mewes

Sailing Thru Menopause

Niamh Daly



Sailing Thru Menopause:

Sailing Thru Menopause Gail E. Mewes, 1998-05-01

Cruising Through The Menopause Maryon

Stewart, 2012-08-31 Published research now supports the fact that menopausal symptoms can be overcome without having to resort to HRT and in a way which still offers protection from both heart disease and osteoporosis in the long term. Despite this, the alternative approach is not widely known and is certainly not widely practised. Over the last thirteen years, the WNAS has pioneered an exceedingly simple, workable and enjoyable programme to help alleviate symptoms of both the perimenopause and the menopause, no matter how severe. This includes making specific dietary changes, including adding to the diet those foods that are rich in phytoestrogens, taking nutritional supplements, moderate weight-bearing exercise and a regular relaxation programme. **Cruising Through the Menopause** explains this programme clearly and also describes the pros and cons of taking HRT so that women everywhere can make informed choices about how they wish to tackle the menopause. It also includes numerous menu plans as well as over 80 delicious recipes.

Sailing Through Menopause George Ibrahim, 2020-03 Menopause is a naturally occurring event that happens to women as they age. It marks the end of a woman's reproductive life and at times can mark the beginning of a number of health problems such as inconsistent cycles, hot flashes, night sweats, vaginal dryness, uncomfortable sex, headaches, memory loss, difficulty sleeping, loss of bladder control, heart palpitations, dizziness and weight gain. This book is intended to help women transition through perimenopause, menopause and postmenopause. **Sailing Through Menopause** will help you understand what causes menopausal symptoms and what you can do to minimize or alleviate the troublesome conditions associated with your journey through menopause.

A Woman's Guide to Menopause & Perimenopause Mary Jane Minkin, Carol V. Wright, 2005-01-01 Provides valuable new information on menopause and how women should approach it in a handbook that offers sound guidance for women dealing with the physical and emotional health issues surrounding menopause, covering such topics as hormone replacement therapy, PMS treatments for the symptoms of menopause, osteoporosis, cancer prevention and sexuality. Original.

Making Friends with the Menopause Sarah Rayner, 2022-09-26 Night sweats, mood swings, weight gain, the menopause can be a challenging time, leaving us feeling isolated and as if we're losing touch with ourselves. But you are not alone. **Making Friends with the Menopause** is here to help. From bestselling author Sarah Rayner with Dr Patrick Fitzgerald comes a clear and comforting guide to the menopause that reads like a chat with a good friend. Written with warmth and humour and packed with practical bite-size tips from women experiencing menopause themselves as well as essential insights from Dr Patrick, this life-changing little handbook includes comprehensive guidance on the range of treatments available, including traditional and complementary medicine. Tried and tested tips to alleviate the symptoms of menopause, including hot flushes, insomnia, forgetfulness and rising anxiety. How to deal with the psychological impact of hormonal changes and lift your self-esteem. Suggestions for your sex life and how to talk to your partner about the change you're going through. How to find the joy in

this period and focus more on yourself and your own wellbeing If you re struggling with the symptoms of menopause simply want to take care of yourself well or if you re looking for support from a friend who knows exactly how you feel Making Friends with the Menopause will be your guide It will give you the understanding and confidence you need to navigate this profound change and fully embrace this new chapter of your life with open arms Read what everyone is saying about Making Friends with the Menopause Would give 10 stars if I could Love this book Amazon reviewer 5 stars The best I have ever read about the menopause I learnt so much about myself and at what stage I am at Amazon reviewer 5 stars Fabulous A must read for every woman 40 Sensible comprehensive factual positive giving lots of great information and advice I m left feeling much more positive about my perimenopause Amazon reviewer 5 stars Brilliant and makes you feel like you are not alone feels like talking to a friend I felt so much better after reading it and keep dipping into it when I need a reminder Amazon reviewer 5 stars Superb can t praise it enough Made me realise I am normal thank goodness Amazon reviewer 5 stars Incredibly helpful and informative so helpful I can t recommend it enough Amazon reviewer 5 stars Comforting words and real life examples I felt much better simply having read this Amazon reviewer 5 stars

Menopause: How Not to Go Bonkers (and What to Do Instead) Kaz Cooke,2013-03-27 A magical menopausey tour by Kaz Cooke What symptoms to look for how to tackle them when you still need contraception and what to wear if hot flushes give you the whim whams How to tell if you re approaching in the middle of or through menopause or just putting your fingers in your ears and singing la la la la With input from experts and quotes from real women this ebook is based on the Menopause chapter of the bestselling book Women s Stuff

Yoga for Menopause and Beyond Niamh Daly,2024-06-03 Create a yoga practice that supports women on their journey through menopause In recent years there has been a surge in awareness surrounding the challenges experienced by menopausal women along with impassioned calls for more specialized support from health and wellness professionals In Yoga for Menopause and Beyond author Niamh Daly shares how yoga teachers can help answer these calls Written in an open and heartfelt conversational style this book is a reimagining of yoga viewed through the lens of menopause It will help you understand which elements of yoga are already ideal what may be unhelpful and what you might add to support symptom relief health and self esteem Daly addresses topics such as biochemical physical social and emotional impacts of menopause specific physiological effects that necessitate a changed approach to asana changes to the nervous system that influence what practices we choose changing health risks and how the benefits of yoga can help reduce these risks using movement for comfort and pleasure through somatics and instinctual movement reconsidering your language to be inclusive of the broad array of possible experiences including trauma sensitivity incorporating what you learn into a class or workshop empowering women through knowledge and recommendations research and the importance of transparency in offering yoga tools for menopause and practical advice for within a class and outside including sections on nutrition and medical options Yoga for Menopause and Beyond is the ideal guide for anyone wishing to create a relevant and supportive yoga practice for women as

they journey through menopause and into the postmenopause years *Menopause: The Modern Woman's Guide to a Life-Changing Transition* Ethan D. Anderson, 2023-01-01

Demystifying the menopause journey for a healthier happier you Are you or someone you love entering the life changing phase of menopause Embrace the journey and empower yourself with knowledge understanding and support with *Menopause The Modern Woman s Guide to a Life Changing Transition* This comprehensive guide covers everything you need to know about menopause from its onset to managing its symptoms and leading a vibrant fulfilling life throughout the transition Inside this essential resource you ll find An introduction to menopause its stages and the changing hormones that accompany this natural process A detailed discussion of common symptoms including hot flashes night sweats mood swings and decreased libido among others Guidance on navigating the stages of menopause including perimenopause menopause and postmenopause An exploration of the causes of menopause including natural menopause premature menopause induced menopause and menopause like symptoms related to IVF PCOS and gender affirmation Information on potential health risks and complications associated with menopause such as osteoporosis cardiovascular disease and depression Expert advice on diagnosing menopause through physical examinations hormone tests and other assessments A comprehensive overview of treatment options including hormone replacement therapy HRT low dose antidepressants vaginal estrogen and non hormonal treatments Practical lifestyle changes to manage menopause symptoms including exercise diet stress reduction techniques and smoking cessation A look at complementary and alternative medicine options such as herbal supplements acupuncture and yoga Tips on talking to your doctor about menopause and when to seek medical help In depth discussion of menopause and sexuality including changes in sexual function and treatment options for sexual dysfunction Coping strategies and emotional support during menopause including advice on living with someone going through menopause and how menopause affects family life Inspiring personal stories from women who have navigated the menopause journey and emerged stronger wiser and more resilient *Menopause The Modern Woman s Guide to a Life Changing Transition* is an invaluable resource for women seeking to understand manage and embrace the menopause journey This book empowers readers with the knowledge and tools they need to make informed decisions about their health and wellness during this transformative time Don t let fear and uncertainty hold you back from taking control of your menopause experience Order your copy today and embrace the change with confidence and grace

Table Of Contents Introduction to Menopause What is Menopause Changing Hormones Average age of onset How Do I Know if I m in Menopause Common symptoms Hot Flashes Night Sweats Mood swings irritability depression anxiety Difficulty sleeping Decreased libido Irregular periods Incontinence Thinning hair Joint pain Weight gain Psychological Symptoms Stages of Menopause Perimenopause Menopause Postmenopause How long will menopause symptoms last Causes of Menopause Natural menopause Premature menopause Induced menopause Menopause like symptoms in IVF and PCOS Gender Affirmation Menopause Andropause Complications and Risk Factors Health Risks Associated with Menopause

Osteoporosis Cardiovascular Disease Depression and anxiety Breast Cancer High Cholesterol Risk Sexual health Cognitive functions Diagnosis of Menopause Physical Examination Hormone Tests Thyroid Function Tests Lipid Profile Treatment Options for Menopause Hormone Replacement Therapy HRT Low dose antidepressants Vaginal estrogen Non Hormonal Treatments Lifestyle Changes Complementary and Alternative Medicine Lifestyle Changes to Manage Menopause Exercise Diet Stress Reduction Techniques Smoking Cessation Complementary and Alternative Medicine Herbal Supplements Acupuncture Yoga Talking to Your Doctor About Menopause When to Seek Medical Help Questions to Ask Your Doctor Menopause and Sexuality Changes in Sexual Function Treatment Options for Sexual Dysfunction Coping with Menopause Emotional Impact of Menopause Coping Strategies Living with someone going through Menopause How Menopause affects family life How Menopause affects children in your home Partner Support during Menopause Personal Stories Frequently Asked Questions More

Musings on Perimenopause and Menopause Heather Dillaway, Laura Wershle, 2021-04-23 A woman muses about buying lovely new panties another sets out on the trip of a lifetime a blogger offers information support and community to perimenopausal women researchers uncover myths and misconceptions about migrant and refugee women s experiences of menopause a gerontology scholar extrapolates for menopause the meanings of cultural representations of childbirth a sociologist and intersex advocate challenges her medically constructed menopause young women s stories inform an inquiry into the health and social repercussions of primary ovarian insufficiency all in a collection of research papers and personal narratives that moves far beyond the idea of menopause as a mere biological marker While biomedical and feminist researchers agree that menopause is a time of transition and border crossing they offer diverse viewpoints about whether perimenopause and menopause signal deficiency and burden or growth and freedom or both So too contributors to this collection influenced by factors of age cultural background societal context and physical and psychological experience vary significantly in their perspectives of this process Research analysis narrative poetry and art intermingle to create a multi textured montage that challenges stereotypes probes relationships and defies categorization

Musings on Perimenopause and Menopause Identity Experience Transition provides insight into how women think about and experience the transition to menopause in contemporary times

From Taboo to Wellness: The Facts behind Menopause Peter Hollands, 2023-03-24 Menopause is a significant milestone in a woman s life marking the end of fertility and the start of a new phase However it can also bring many physical and emotional symptoms such as hot flashes mood changes and a higher risk of osteoporosis and heart disease Because of these issues dealing with menopause can be a challenge

From Taboo to Wellness The Facts behind Menopause is an informative guide to menopause It provides clarity and accessibility for anyone interested in understanding the topic and wants to deconstruct any myths that surround it with facts From symptoms to treatments this book covers everything you need to know about menopause in an engaging and easy to understand way Written with the general reader in mind this book explores the science behind menopause as well as the male andropause and how it differs

from the female experience With insights into Hormone Replacement Therapy HRT and future treatments using stem cells it gives a comprehensive understanding of the options for managing menopause But that s not all the book also delves into the fascinating world of menopause in the animal kingdom offering a unique perspective on how different species experience hormonal changes caused by this life changing event [The Hot Flush Freedom Challenge](#) Julie Dennis,2017-12-08

Menopause can be a complex time of life but it doesn t have to be complicated to get control of your symptoms Too many women think it s either HRT or suffer but that s not the case There s a third option which is to get control of your symptoms naturally The Hot Flush Freedom Challenge is for busy professional women who want straightforward practical advice they can implement with minimum fuss and time Written using everyday language the book offers a step by step solution to getting control of your hot flushes night sweats energy bombs mood swings brain fog and sleep in just 10 days **What**

Every Woman Needs to Know about Menopause Mary Jane Minkin,Carol V. Wright,1997-09-01 This helpful and user friendly book provides a practical guide to the physical and emotional well being during the premenopausal menopausal and postmenopausal years Based on the experience of a woman gynecologist who has been in practice for 20 years the book presents thorough unbiased answers to the questions women ask about this crucial time in their lives **Homeopathy for**

Menopause Beth MacEoin,1997-04 This positive holistic approach to menopause shows how to safely treat its symptoms with gentle all natural homeopathic remedies Common discomforts that may arise before during or after menopause and that can be treated homeopathically include menstrual irregularities hot flashes night sweats depression low self esteem weight gain sleep disturbances and aching joints **Dr. Susan Love's Menopause and Hormone Book** Susan M. Love,

MD,Karen Lindsey,2003-01-21 In the first edition of this important bestselling book praised by Newsday as the bible for a whole generation of menopausal women renowned physician and pioneering women s health advocate Dr Susan Love warned about the potential dangers of the long term prescription of hormone replacement therapy Her insightful words of caution have been backed up by the stunning results of the recent studies on hormone replacement In this revised edition Dr Love offers a remarkably clear set of guidelines as to what the studies have shown about the risks regarding heart disease breast cancer stroke and other conditions and what effect hormone therapy has on osteoporosis She offers definitive expert advice about whether or not to go on hormone replacement therapy and if so for how long as well as how to taper off hormones and she introduces the alternative methods for treating the symptoms of menopause Dr Love stresses that menopause is not a disease that needs to be cured it is a natural life stage and every woman ought to choose her own mix of options for coping with symptoms A questionnaire about your own health history and life preferences helps you develop a program that will best fit your unique needs With clarity and compassion she walks you through every option for both the short and the long term including lifestyle changes diet exercise and stress management alternative therapies including herbs and homeopathic remedies available medications other than hormones **The Intimate Self** Shelly Batra,2003-03-31 An invaluable guide for

women of all ages This book addresses every health concern that a woman may have about her body Beginning with an exhaustive description of the female anatomy it discusses a variety of subjects common and complex related not only to a woman s body but also to her emotional and psychological responses Dr Shelly Batra gynaecologist and leading expert on women s health draws on twenty years of medical experience to demonstrate concrete steps that a woman can take towards identifying and solving her problems in order to lead a healthy and satisfying life Full of interesting anecdotes wise advice and shared experience this book encourages every woman to be fully informed about her body and celebrate her potential Supplemented with detailed illustrations **The Intimate Self A Guide to Women s Sexual Health** includes up to date information on Puberty sex and contraception Infertility Menopause Abortion and miscarriage Effects of smoking and alcohol Cancer risks [MenoWars](#) Fiona Clark,2025-09-25

First we were told we all needed to have HRT to remain interesting for our husbands Then we were told it was going to give us cancer and put us in an early grave Next we were told HRT was safe and we had to take it or we d all end up with crippling brain fog quitting our jobs and descending into dementia as the economy collapsed around us On the other side of the fence are those who argue that menopause is natural it doesn t need treating and a cold water swim could fix everything No wonder we re more confused than ever Why has this happened What does the evidence say **MenoWars** explains why menopause is such a political hot potato taking into account the history of gender bias in health and health research the void and how it s filled and what the evidence actually says It answers questions like will HRT prevent dementia what you can do help your brain will HRT prevent heart disease what you can do to help your heart and much more **MenoWars** explains the silent changes you can t see and which need to be sorted and why Importantly it not only shows why we re arguing it outlines where the science is heading so we can live longer better healthier lives in perimenopause and throughout the decades we spend in post menopause **Vegetarian Times** ,2002-11

To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **YourMenoPauseHandbook_Content.pdf** , [Ultraprevention](#) Mark Hyman,Mark Liponis,2003-08-26 Offers a science based patient centered program designed to improve overall health prevent disease increase energy enhance mood diminish stress and provide better overall health for people of all ages

The Twilight Mind: Thriving Through Midlife's Cognitive Shifts Pasquale De Marco,2025-04-08 In the twilight of a woman s reproductive years menopause ushers in a cascade of physical emotional and cognitive changes Among these the decline in cognitive abilities often referred to as mind misconnect can be particularly disconcerting leaving women feeling disoriented frustrated and alone **The Twilight Mind Thriving Through Midlife s Cognitive Shifts** is your trusted guide to navigating these cognitive changes with grace and empowerment Drawing upon the latest scientific research and real life

experiences this comprehensive resource unravels the mysteries of memory language decision making and emotional well being during menopause Within these pages you will discover A comprehensive understanding of the cognitive shifts that accompany menopause dispelling myths and misconceptions Evidence based strategies to optimize cognitive health and thrive during this transformative phase of life Practical tools and techniques to improve memory enhance communication and navigate emotional shifts Lifestyle adjustments and natural remedies to support cognitive function Inspiring stories and experiences from women who have successfully navigated menopause s cognitive challenges With warmth empathy and scientific rigor The Twilight Mind offers a lifeline to women seeking to understand and overcome the cognitive challenges of menopause It is an essential resource for women experiencing these changes firsthand as well as for their loved ones who seek to support them Embrace this journey of self discovery and transformation knowing that you are not alone With the guidance offered in this book you will emerge from menopause stronger wiser and more vibrant than ever before If you like this book write a review

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Table of Contents Sailing Thru Menopause

1. Understanding the eBook Sailing Thru Menopause
 - The Rise of Digital Reading Sailing Thru Menopause
 - Advantages of eBooks Over Traditional Books
2. Identifying Sailing Thru Menopause
 - 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 Sailing Thru Menopause
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sailing Thru Menopause
 - Personalized Recommendations
 - Sailing Thru Menopause User Reviews and Ratings
 - Sailing Thru Menopause and Bestseller Lists
5. Accessing Sailing Thru Menopause Free and Paid eBooks
 - Sailing Thru Menopause Public Domain eBooks
 - Sailing Thru Menopause eBook Subscription Services
 - Sailing Thru Menopause Budget-Friendly Options

6. Navigating Sailing Thru Menopause eBook Formats
 - ePub, PDF, MOBI, and More
 - Sailing Thru Menopause Compatibility with Devices
 - Sailing Thru Menopause Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sailing Thru Menopause
 - Highlighting and Note-Taking Sailing Thru Menopause
 - Interactive Elements Sailing Thru Menopause
8. Staying Engaged with Sailing Thru Menopause
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sailing Thru Menopause
9. Balancing eBooks and Physical Books Sailing Thru Menopause
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sailing Thru Menopause
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sailing Thru Menopause
 - Setting Reading Goals Sailing Thru Menopause
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sailing Thru Menopause
 - Fact-Checking eBook Content of Sailing Thru Menopause
 - 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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