

A close-up portrait of Dr. Miriam Stoppard, a woman with shoulder-length brown hair and blue eyes, wearing a reddish-brown top. She is looking slightly to the right with a gentle smile.

Dr. Miriam Stoppard



NATURAL MENOPAUSE

HEALTH CARE

Natural Menopause Miriam Stoppard

Trisha Posner



Natural Menopause Miriam Stoppard:

No Hormones, No Fear Trisha Posner, 2007-12-18 Five years ago at the age of forty six Trisha Posner was surprised to learn from a blood test that she was in full blown menopause Her gynecologist urged her to begin hormones immediately but mindful of her family s history of breast cancer she refused No Hormones No Fear is the story of Posner s search for an alternative to the AMA s sanctioned regimen of hormone replacement therapy In a wonderfully engaging personal account she reveals how she mastered menopause naturally by developing a unique program involving exercise diet nutrition and herbs She not only successfully alleviated her symptoms but actually significantly improved her health and quality of life Now updated with the latest major medical studies which raise troubling questions about estrogen replacement for millions of women No Hormones No Fear is an indispensable primer for women confronting the thicket of conflicting information about whether or not to choose hormones during menopause Trisha Posner through her own inspiring story shows that today s modern women finally have choices and can empower themselves by taking control of their health and lives **Menopause For Dummies** Dr. Sarah Brewer, Marcia L. Jones, Theresa Eichenwald, 2011-02-15 Every woman experiences the menopause in different ways so you need to know what to expect in order to help yourself This book explains the various stages of the menopause including the perimenopause and helps you understand how it can affect your body and your emotions It evaluates all the options available including HRT and explains what treatment and lifestyle changes will help you stay healthy and happy With in depth coverage of HRT covering new developments and weighing up the risks and benefits advice on adopting an holistic approach to managing the symptoms and side effects including conventional medicine and alternatives diet and lifestyle changes Menopause For Dummies will help you make the right decisions and stay in control **This is Not Your Mother's Menopause** Trisha Posner, 2000 More than 20 million baby boomers will enter menopause during the next ten years As modern women we take control of our lives in a myriad of ways that our mothers never contemplated Approaching menopause the one journey in life we all share should be no different Our mothers were largely silent about what happened to them as they passed through this midlife change But a new generation of women has already started to break the wall of silence from the Preface A few years ago at forty six Trisha Posner left her annual physical feeling wonderful until her doctor called to report surprising news Although Posner had not recognized her own symptoms her blood tests indicated she was in full blown menopause When her gynecologist urged hormone replacement therapy Posner balked fearing it might increase her risk of developing breast cancer which had already struck her mother and two aunts This Is Not Your Mother s Menopause traces Posner s quest for an alternative to a woman s usual choices take hormones as most doctor advise or do nothing and risk the deterioration of her heart bones and mind In frank and engaging prose Posner reveals how she developed a personal program to counter naturally the annoying symptoms of menopause like hot flashes and headaches as well as the more serious problems like depression and loss of sexual desire Ultimately her unique regimen built around

exercise diet and nutritional and herbal supplements not only eliminated her symptoms but significantly improved her health and quality of life continued on back flap continued from front flap Trisha Posner's journey is a powerful reminder that women must be informed consumers about menopause and proves that this passage affords a gateway to physical spiritual and emotional growth Candid at times irreverent and humorous but ultimately empowering This Is Not Your Mother's Menopause reveals how one modern woman took control of her health and her life with inspiring results 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 **Help Yourself Dynamic Menopause** Beth MacEoin, 2002-04-24 Help Yourself Dynamic Menopause is not a self help book that focuses on the problem rather it invites you to explore your own beliefs dreams and creativity to create a balanced centered life and find your own solution **Beyond Mars & Venus: Lessons of Dialogue and Peace, a Buddhist's perspective** Susan M. Andrus, 2003-09 A serious but down to earth tone encourages readers to embrace conflict rather than run from it The author's experiences as a school psychologist educator and practicing Buddhist demonstrate how conflict serves as a catalyst for examining childhood beliefs engaging in dialogue and finding peace in all our relationships Dr. Miriam Stoppard's New Pregnancy and Birth Book Miriam Stoppard, 2009 Incorporating the latest medical information on pregnancy and childbirth this illustrated guide covers everything from prenatal care and prepared childbirth techniques to the first days after delivery Menopause Miriam Stoppard, 2002 The most comprehensive resource to maintaining health and well being during the important crossroads in a woman's life Offering practical advice on emotions nutrition exercise and maintaining an active sex life Dr Miriam Stoppard's Menopause provides the most complete information on menopause Featuring a wealth of advice on how to self manage menopause this guide explains what is happening to a woman's body and why explores alternative therapies and other new treatments and describes why this time of change can be turned into one of the best times in a woman's life **Secrets of Relationship Success** Vanessa Lloyd Platt, 2010-12-15 Divorce figures are at an all time high In this provocative book Vanessa Lloyd Platt ponders who is to blame for this Is it women who fail to balance work and home turning it into a battle ground or men who fail to help at home or

communicate effectively With quotes and anecdotes from both men and women Secrets of Relationship Success suggests how to reverse the bad habits which can destroy relationships and provides tips and strategies for coping with adultery stress men s childishness and violence By spotlighting these repeated behaviour patterns Vanessa Lloyd Platt believes that relationships can be saved and set on the right path to lasting happiness **Herbal Healing for Women** Rosemary Gladstar,2017-04-18 Simple safe and effective herbal home remedies for women of all ages From menstruation to menopause learn how to prepare natural treatments for acne PMS morning sickness hot flashes yeast infections and more For centuries women have turned to herbs to cope with a wide variety of health problems and conditions Comprehensive and easy to use Herbal Healing for Women explains how to create remedies including teas tinctures salves and ointments for the common disorders that arise in the different cycles of a woman s life Covering adolescence childbearing years pregnancy and childbirth and menopause Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne PMS morning sickness and hot flashes A complete women s health care manual Herbal Healing for Women discusses Common disorders and the herbs that are effective for treating them How to select and store herbs Preparation of hundreds of herbal remedies An alphabetical listing of herbs including a brief description of the herb the general medicinal usage and when necessary warnings about potential side effects By explaining the properties of specific herbs and the art of preparation Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well

Women's Health Handbook Miriam Stoppard,2001 A guide to women s health comprising five titles by Miriam Stoppard Well Woman HRT Natural Menopause Healthy Sex and Breast Health Each chapter focuses on the key areas of women s health from gynaecological information to practical advice on sex **Forthcoming Books** Rose Arny,2003-12 It's My Ovaries, Stupid! Elizabeth Lee Vliet,2003 This landmark work in women s health identifies hormone dysfunction as a missing link afflicting millions of young women teens and even children robbing them of future fertility and contributing to devastating health problems Includes a self test 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

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