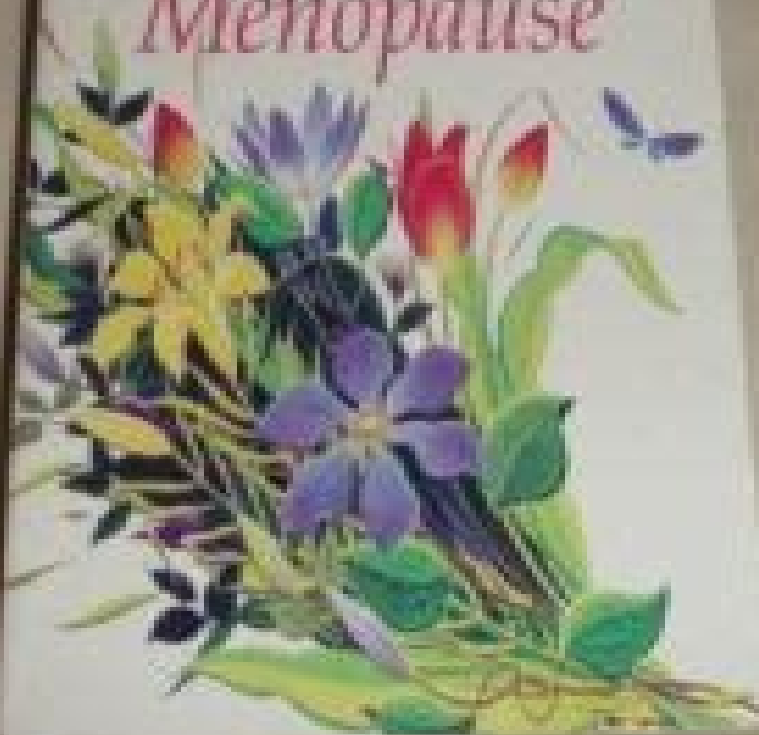


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THE PAUSE

*Positive
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Pause Positive Approaches To Menopause

Marsha Lynn Speller



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The Pause Lonnie Garfield Barbach,2000 **The Pause** Lonnie Barbach,1994-01 *The Menopause Answer Book* Marsha Lynn Speller,2004-05-01 Estrogen is a powerful female hormone that protects women from many health risks In menopause estrogen levels decline and its protective qualities decline as well At the same time a lifetime of bad habits may begin to catch up with us and our genetic predispositions to disease begin to surface All this leads to a plethora of symptoms some temporary some chronic and some life threatening The Menopause Answer Book allows women to carefully assess their own symptoms and then seek out the information and treatments that will be tailored to their own specific needs Find out if you re at risk for diseases associated with menopause Develop your Menopause Action Plan Assess the pros and cons of Hormone Replacement Therapy Find out what tests to request from your doctor Find out how to get the attention and treatment that you need Learn about important lifestyle changes to make right now Women dealing with menopause and perimenopause are bombarded with information but often have a hard time figuring out what applies to them and how to choose between conflicting advice The Menopause Answer Book is the must have companion to the top selling menopause books which are informational but don t help women tailor their treatment [The Pause \(Revised Edition\)](#) Lonnie Barbach,2000-01-01 Since its original publication in 1993 The Pause has become known as the authoritative guide to menopause a previously overlooked topic of great importance to women The significant amount of new research on menopause and perimenopause amassed in recent years has led bestselling author Lonnie Barbach to completely revise and update this groundbreaking classic Important additions include eight entirely new sections on topics such as SERMs selective estrogen receptor modulators phytoestrogens and the impact of menopause on the female immune system This additional research is combined with new information about menopause and mood weight gain during menopausal transition breast cancer survivors taking estrogen the positive effect of estrogen on dementia and Alzheimer s and new alternatives to traditional HRT hormone replacement therapy for managing hot flashes improving bone density and assisting breast cancer survivors All together the latest edition of The Pause is a must have resource for any woman facing the next third of her life

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

A Menopausal Memoir Anne C Herrmann, 2014-01-14 The only extended first person narrative about menopause A Menopausal Memoir Letters from Another Climate explores the connection between menopause mourning and memory through nine fictional letters written to different addressees The letters explain the author's own experience of having a hysterectomy without her permission during surgery for endometriosis and being thrown into instant menopause Herrmann expresses her experiences differently in each letter based on the recipient's gender sexual identity and age revealing the complexities of accepting menopause Psychotherapists psychologists physicians medical students academics and those interested in women's health and women's studies will receive insight into one woman's experience and will learn how our bodies mold our sexual identity and shape many aspects of our lives Writing these letters from the point of view of a scholar engaged in personal narrative but not in the familiar narrative of a woman married with children Herrmann examines her journey of loss recovery and healing through feminist theory The letters in A Menopausal Memoir reveal many other issues including the relationship between the female body and the meanings attached to it the different ways women tell their stories about difficult experiences negotiating the relationship between growing older and sexual identity the body's responses to the loss of organs that form inform its history the connection between body identity and disease A highly personal yet theoretical approach to the experience of menopause A Menopausal Memoir explores how changes in the body affect your sexual identity your relationships and your feelings as a woman

Mind Over Menopause Leslee Kagan, Herbert Benson, Bruce Kessel, 2004-04-13 A groundbreaking mind body program for perimenopause and menopause uses relaxation response techniques nutrition and exercise to manage menopause symptoms

Menopause Without Medicine Linda Ojeda, 2003 This book is needed more than ever The National Institute of Health interrupted their huge HRT hormone replacement therapy study in July 2002 after they found that Prempro a combination of estrogen and progestin had detrimental health effects which include an increased risk for breast cancer heart disease and stroke This new edition examines the latest information about HRT and the safer alternatives It completely validates the author's long held bias against HRT and shows women whether perimenopausal menopausal or postmenopausal how they can maintain and improve their health and well being without the use of synthetic hormones The book offers complete information on menopausal symptoms and effects and ways to alleviate them Updated sections cover heart disease including hormonal effects the role of cholesterol diet and supplements osteoporosis and breast cancer The section on exercise and nutrition for health and weight

is completely rewritten The latest information on non hormonal remedies to balance hormones is what is needed by every woman wanting to avoid HRT

Sexual Health Across the Lifecycle Margaret Nusbaum, Jo Ann Rosenfeld, 2004-12-02 This is a practical positive approach to sexual health promotion for clinicians in primary care It presents sexual concerns across the lifecycle from childhood to old age illuminated throughout by scenarios based on real life It highlights common sexual issues from different age groups and includes chapters on sexuality and disability sexual minorities HIV positive individuals and complementary medicine It presents an invaluable resource for all health professionals that spans the needs of patients from all backgrounds and age groups

The Healthy Boomer Peggy Edwards, Miroslava Lhotsky, Judy Turner, 2012-11-13 In North America some eighty eight million boomers are facing the physical and personal challenges of midlife But midlife can also be a time of tremendous vitality confidence and joy In this comprehensive guide three experts in midlife health draw on interviews the latest research and their own expertise to help men women and couples on the journey from midlife turbulence to midlife mastery The Healthy Boomer provides easy to use decision making tools accurate information and practical advice on such topics as The male and female menopause how to make a decision about hormone replacement therapy alternative health care preventing heart disease cancer and osteoporosis prostate health and impotence healthy relationships and great sex in midlife anti aging techniques weight control exercise and healthy eating the importance of spiritual well being handling midlife stress what to do if you can't remember names any more For the many North American boomers who are experiencing midlife challenges The Healthy Boomer is required and reassuring reading

The New Menopause Book Mary Tagliaferri, Isaac Cohen (O.M.D.), Debu Tripathy, 2006 Three experts give advice on HRT natural hormone therapy herbal therapies traditional Chinese medicine and more

Sensual Sex Beverly Engel, 1999-02-12 Sensual Sex is based on the idea that by becoming more attuned to our five senses we can develop an increasingly erotic relationship with our body and our partner's body Sex therapist Beverly Engel takes readers through each of the five senses and gives exercises to help lovers increase their pleasure and intimacy by learning to luxuriate in their senses 10 b w photos National radio drive time tour

The Feisty Woman's Breast Cancer Book Elaine Ratner, 1999 Addresses the emotional and psychological challenges of fighting breast cancer refutes popular assumptions about treatment and post treatment options and offers guidance for making health decisions

Menopause and Homeopathy Ifeoma Ikenze, M.D., 1998-11-24 As women grapple with the issue of whether hormone replacement therapy is necessary for them they need a greater understanding of what the body is undergoing in menopause Dr Ifeoma Ikenze an M D and a homeopath writes from her experience of treating women daily in her Northern California practice She explains the changes that begin to occur in the female body after thirty five and how homeopathy can help Using patient cases as examples Dr Ikenze shows how physical emotional professional and spiritual problems can challenge one's health and self image She incorporates the latest medical research and addresses the spiritual and emotional challenges of menopause which most physicians overlook

The Woman's Guide to Hysterectomy Adelaide Haas, Susan L. Poretz, 2013-06-26 Hysterectomy is performed more than any other surgical procedure for women with the exception of the cesarean section Authors Adelaide Haas and Susan L. Poretz both professors in the field of health have experienced hysterectomy firsthand Dismayed by the limited information available to them they collaborated on this comprehensive book about a critically important subject for women THE WOMAN'S GUIDE TO HYSTERECTOMY addresses common fears expectations and questions regarding such issues as what to ask your doctor second opinions preparations for surgery sex and sexuality after surgery and life after hysterectomy Encouraging all women to become more actively involved in their own health care this book is a practical catalog of the latest medical information and provides much needed reassurance for women faced with this life altering decision Thoroughly revised to include the latest research and developments including new treatment options and alternatives to HRT hormone replacement therapy Original edition sold 10 000 copies

Wise Women Phyllis Freeman, Jan Schmidt, 2013-12-02 Wise Women is a collection of autobiographical essays by important and renowned teachers at mid life The essays which are deeply personal will focus on how these women negotiate the psychological physical and social changes brought on by menopause and how the aging process affects their lives as professionals feminists writers mentors and instructors in the academy The book addresses such questions as the following What challenges are left for the feminists who came of age during the women's movement and now have achieved academic success How do women teachers experience their aging selves in the classroom What legacy will mid life women leave their younger women colleagues All of these questions as well as many others are covered in this insightful and groundbreaking work

Menopause the Natural Way Molly Siple, Deborah Gordon, 2007-08-03 Make menopause a change for the better Are you entering menopause Would you like to be prepared for it when it arrives Whether the change of life is upon you or years away now is the best time to find out all you can about this natural life process The more you know the better you can take care of yourself And the healthier you are the easier your menopause is likely to be Written by two authorities in complementary medicine and women's health issues Menopause the Natural Way is a compassionate guide that combines mainstream and alternative medical approaches into a simple six step program that helps you create a healthy and empowering passage through menopause You'll learn about Using a journal as a valuable tool for managing your menopause Nutrition and menopause foods and vitamins for your body's changing needs Using herbs to balance your body and to treat and reverse symptoms Pleasurable exercises proven to reduce menopause symptoms and promote health from yoga and tai chi to aerobic and weight bearing routines Managing stress known to trigger menopause symptoms Rebalancing your hormones through natural and medical hormone therapy Uniquely created from a woman's perspective Menopause the Natural Way offers you a supportive natural noninvasive way to manage your menopause while feeling great

Women's Sexuality Across the Life Span Judith C. Daniluk, 2003-06-09 Moving beyond a traditional focus on sexual functioning this book emphasizes the complex interaction of psychological social cultural and biological influences on

women's sense of themselves as sexual beings Written for practitioners and educators its goal is to challenge contradictory messages and meanings that cause many women to feel disconnected from their bodies and from their needs and desires Themes explored include the development of sexual awareness and sexuality in childhood and adolescence the critical sexual choices of young adulthood and the multiple transitions characterizing the middle and later years of life The book features creative exercises and interventions to help girls and women construct more affirming sexual meanings **All about Eve** Tracy Chutorian Semler, 1995 From head to toe All About Eve is the definitive how to what to when to guide to women's wellness today **Our Bodies, Ourselves: Menopause** Boston Women's Health Book Collective, Judy Norsigian, 2008-06-16 FROM THE EDITORS OF THE CLASSIC BIBLE OF WOMEN'S HEALTH A TRUSTWORTHY UP TO DATE GUIDE TO HELP EVERY WOMAN NAVIGATE THE MENOPAUSE TRANSITION For decades millions of women have relied on Our Bodies Ourselves to provide the most comprehensive honest and accurate information on women's health Now in Our Bodies Ourselves Menopause the editors of the classic guide discuss the transition of menopause With a preface by Vivian Pinn M D the director of the Office of Research on Women's Health at the National Institutes of Health Our Bodies Ourselves Menopause includes definitive information from the latest research and personal stories from a diverse group of women Our Bodies Ourselves Menopause provides an in depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes mood swings and night sweats In clear accessible language the book dispels menopause myths and provides crucial information that women can use to take control of their own health and get the best care possible Our Bodies Ourselves Menopause is an essential resource for women who are experiencing or expecting menopause

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