

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"**

100 Illustrated Tips

Sailing Thru Menopause

Heather Dillaway, Laura Wershle



Sailing Thru Menopause:

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

[Sailing Thru Menopause](#) Gail E. Mewes,1998-05-01 *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 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 **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 This book

provides yoga practices and other strategies to support women as they go through the stages of menopause

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

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

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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

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