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Before the Change

Taking Charge of Your
PERIMENOPAUSE

Get to the Root Causes of Hormonal Dysfunction and:
Regulate Mood Swings • Lose Weight
Sleep Better • Boost Energy

Ann Louise Gittleman, PhD, CNS

*Author of the bestselling *The New Fat Flush Plan**

Before The Change Taking Charge Of Your Perimenopause

Alan Rees



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Before the Change Ann Louise Gittleman, M.S., C.N.S., Jonathan Wright, M.D., 2001-01-01 Head off depression mood swings weight gain memory loss hot flashes and other menopausal symptoms before they start Before the Change addresses perimenopause the phase preceding menopause providing women with the power to understand and control its dramatic often frightening symptoms Chart graphs Before The Change Ann Louise Gittleman, 2010-10-12 From renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated guide to taking charge of your perimenopause Filled with the latest research as well as practical tips and menus Gittleman also incorporates timely information especially pertaining to Hormone Replacement Therapy Learn How You Can head off Depression and Mood Swings Weight Shifts Erratic Sleep Memory Loss and Other Changes Leading to Menopause Take charge of your perimenopause simply safely and naturally This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself By following the author's proven techniques for controlling the symptoms of perimenopause you can continue to feel great through this vital phase of your life With this essential do it yourself program you can say good bye to hormone havoc and sail through your perimenopause the period of about ten years leading up to menopause by understanding and controlling its symptoms Before the Change clearly explains the symptoms of perimenopause and offers a self diagnosis quiz details safe and natural alternatives to hormone therapy including healing vitamins minerals herbs and natural hormones gives you a powerful Changing Diet with tips and recipes for foods that prevent and alleviate symptoms Before the Change Ann Louise Gittleman, 2017-09-05 From a renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated edition of the popular alternative guide for taking charge of your perimenopause filled with up to date research including the latest information on Hormone Replacement Therapy mood swings weight gain and nutrition for women thirty five and older Before the Change offers a gentle proven incremental program for understanding your body's changes and controlling your symptoms during perimenopause the period of about ten years leading up to menopause to help you feel great through this vital phase of life Inside you'll find A clear explanation of the symptoms of perimenopause and a self diagnosis quiz Safe and natural alternatives to hormone therapy including healing vitamins minerals herbs and natural hormones A guide to nutrition and healthy diet with tips for foods that prevent and alleviate symptoms In addition this revised and updated edition includes An expanded section on the pros and cons of soy as a natural phytoestrogen An expanded discussion of hypothyroidism its connection to hormonal imbalances and the best natural treatments A full analysis of HRT including advice for safely weaning yourself off of synthetic hormones and an overview of herbal lifestyle and diet options and modifications available for women who have had a hysterectomy have risk factors or a history of breast cancer osteoporosis or heart disease With this essential do it yourself program say good bye to hormone havoc simply safely and naturally The Change Before the

Change Laura Corio,2013-05-22 The Essential Book for Every Woman Over 35 You re in the prime of life As far as you know menopause could be years away So why is your body sending you such weird messages Women today can t afford to lose time and energy to the common but often misdiagnosed symptoms of perimenopause from mood swings and stubborn extra pounds to hot flashes and insomnia that precedemenopause by as much as a decade In this lively and solution packed book renowned ob gyn Dr Laura Corio provides all the information you need to take charge of your physical and emotional well being Hormone treatment before menopause including all the new natural and low dose forms that are making this a safe choice for more women Herbs soy and other alternative therapies that are backed by solid medical research How perimenopause affects fertility and what to do if you want to get pregnant How your skin hair and nails reflect deeper changes and how to make them vibrant again Ways to combat cancer fears and what tests you absolutely must have Whether a high protein diet is right for you and what vitamins and minerals you should be taking What to do now to protect your breasts uterus bones and heart in the years to come Diet and exercises to prevent or minimize symptoms and much more

Preparing for the Perimenopause and Menopause Louise Newson,2021-08-26 1 SUNDAY TIMES BESTSELLER

Immensely helpful a tome of medical knowledge I m mildly obsessed by Louise Newson Buy the book Davina McCall What a brilliant helpful and straight forward guide to menopause I wish I could have had it when I first had symptoms it would have made a huge difference to me Louise Minchin This book is indispensable Keep it by your bedside It will transform your life Dr Louise is a miracle worker Lorraine Kelly Take charge of your menopause and feel great Dr Louise Newson is the UK s leading menopause specialist and she s determined to help women thrive during the menopause Despite being something that almost every woman will experience at some point in their lives misdiagnosis misinformation and stigma are commonplace In Preparing for the Perimenopause and Menopause Dr Newson will demystify the menopause and show why every woman should be perimenopause aware regardless of their age Drawing on new research and empowering patient stories from a diverse range of women who have struggled to secure adequate treatment and correct diagnosis Dr Newson will equip you with expert advice on Common and taboo symptoms to look out for HRT treatment options Going through an early menopause Getting a good night sleep Optimising your nutrition in the menopause Exercising for a better menopause Your mental health during the menopause Dr Newson empowers women to confidently take charge of their health and their changing bodies It s never too early to learn about the perimenopause or menopause and this essential book will equip you with everything you need to know Dr Louise Newson is donating 10% of all royalties she receives for the book to The Menopause Charity Part of the Penguin Life Experts series Imperfectly Natural Woman Janey Lee Grace,2005-11-28 If the closest you ve ever come to natural living is choosing the light version of mayonnaise this book is for you If the only recycling you ve ever done is chucking your wine bottles into the car park s bottle bin just to rejoice in the crashing sound it s still for you *Managing Menopause Naturally with Chinese Medicine* Honora Lee Wolfe,1999-03 More than 40 million

women in the United States are now experiencing menopause and it is affecting their sex drive energy level and emotions This book explains how Chinese medicine can aid in the diagnosis treatment and prevention of menopausal problems restoring balance to a woman s body Topics covered include Chinese self care and home remedies and information on Chinese dietary therapy exercise and deep relaxation

Changing Course Yitta Halberstam, Yitta H Mandelbaum, 2004-08-06 Perimenopause Menopause Midlife For the women in Changing Course these words imply much more than something to get through or even as a silent passage it s a time for great self reflection exciting adventures and new beginnings Compiled by Yitta Halberstam the author of the multimillion selling Small Miracles series Changing Course delivers an entirely new message about menopause and midlife This superlative work features sixty rich stories from women of diverse backgrounds and experience that capture the laughter and joyous tears of this important time in a woman s life This compelling work is divided into four sections Don t Look Back women who find that they must let go of the past Starting the Voyage women who are experiencing the symptoms of perimenopause or menopause The Meditative Journey women who share their epiphanies on aging New Directions New Beginnings women who have shown great courage as they look to the future

Hollywood Beauty Secrets Louisa Graves, 2013-04 Celebrity Body Parts Model Turned Media Beauty Expert Louisa Graves shares scientifically proven advice that addresses a variety of self help head to toe beauty and age proofing solutions Louisa walks the talk Many of the DIY beauty recipes remedies and budget friendly products she shares are those that have helped her remain tops in her field in youth oriented Hollywood as both a celebrity body parts model and beauty expert on TV Doctors on TV and radio regularly invite Louisa to share her non invasive approach to halting the aging process addressing topics ranging from hair loss and skin conditions to brittle nails dark circles acne enlarged pores cracked heels hormones cellulite weight loss and much more In fact the doctor approved slimming tonic she reveals in this book helped one woman lose over 150 lbs while dropping her medications from 17 down to ONE Her clients and customers are worldwide They include Doctors actresses models TV anchors producers moms baby boomers seniors and teens As a Beauty Expert Louisa has appeared on myriad television shows including The Talk The Doctors Extra The Style Network and Discovery Channel to name a few She has done over 500 radio shows including Sirius XM s Doctor Radio KIIS FM WGN Chicago Hot 97 New York K Earth Los Angeles and many more Her tips have been featured on the cover of Woman s World Magazine in FIRST Magazine at AOLHealth com AOLJobs com MSNBC com and WomansDay com to name a few Louisa s proven solutions will have you achieving faster results than many conventional methods There is something for everyone in this concise beauty book whether you re 20 45 or 80 woman or man Louisa stays ahead of the curve so she s on the pulse of what women want proven solutions that work AND don t cost a fortune We all strive to be our best and Louisa provides concise do able information to help us address our concerns Her solutions are very timely given this current economic time

PMS, Perimenopause, and You Lori A. Futterman, John E. Jones, 2000 It s no secret that the ebb and flow of hormonal balance

affects women's lives Few women realize however that these changes can be positive liberating experiences rather than difficult transitions to be viewed with apprehension Let renowned researcher and specialist Dr Lori Futterman guide you through the treatments and approaches that will allow you to embrace these changes and achieve a new balance in your physical mental social and spiritual life Take Charge of the Change Pamela M. Smith,2003 By including breakthrough research regarding brain function and body chemistry this book equips women with what they need to know about hormones stress menopause sex and nutrition It offers a step by step plan that will naturally counter many annoying symptoms

Appendix **Consumer Health Information Source Book** Alan Rees,2000-01-27 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what's most important in the world of alternative medicine The sixth edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it *Body & Soul (Watertown, Mass.)* ,2004 A Woman's Guide to Staying Healthy Through Her 30s Theresa Francis-Cheung,2002 Urging women to adopt a healthy lifestyle and a positive attitude Theresa Francis Cheung provides health tips for women navigating the transition decade of the 30s

Understanding Your Health Wayne A. Payne,2002 Vegetarian Times ,2004 *The Publishers Weekly* ,2003 Feminist Bookstore News ,1999 For Women Only! Gary Null,Barbara Seaman,1999 This anthology is both a review of the major contributions to women's health over the course of this century and a practical guide to current concerns in the field Major topics include dieting fertility menopause mental health pediatric care and more all from an alternative point of view

The PCOS Diet Book Colette Harris,2002 Colette Harris provides a practical plan for sufferers of Polycystic Ovary Syndrome with various diets to suit each individual accessible explanations of nutritional science and hormonal health and an emphasis upon personal and emotional well being

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