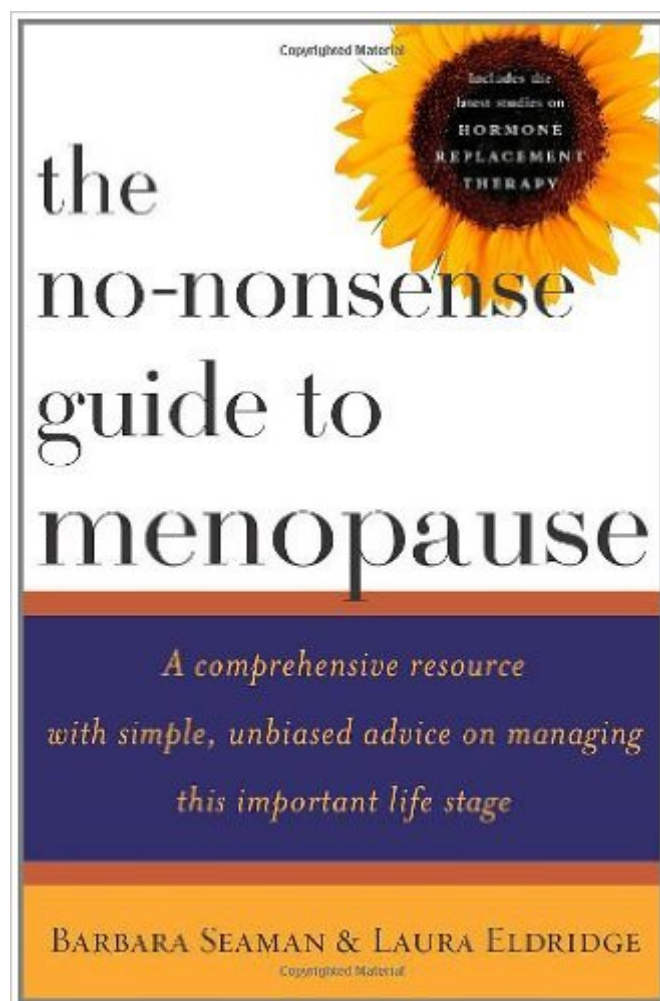


The book was found

The No-Nonsense Guide To Menopause



Synopsis

When the groundbreaking NIH Premarin Trials shattered Hormone Replacement Therapy's status as menopause panacea, women were left feeling helpless: there was a wide array of choices about how to handle menopause, but a dearth of information about the possible consequences of these new and difficult decisions about treatment. Increasingly wary of profit-motivated drug companies and the doctors they influence, they are scrambling to find unbiased, straightforward advice. The No-Nonsense Guide to Menopause will answer this need by presenting this information in a clear and un-intimidating manner. The authors will be sensitive to the new scepticism about menopause treatments by emphasizing self-education, offering advice on what questions to ask doctors, giving strategies for assessing the validity of data provided by new studies. Recognizing that each woman experiences menopause differently, the authors address a range of physical and emotional responses to this important life stage. A comprehensive resource, The No-Nonsense Guide gives the big picture on just about everything we really know about menopause and its aftermath, medically culturally, socially, sexually and even financially.

Book Information

Hardcover: 496 pages

Publisher: Simon & Schuster; 1 edition (July 1, 2008)

Language: English

ISBN-10: 0743276787

ISBN-13: 978-0743276788

Product Dimensions: 6.1 x 1.5 x 9.2 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,534,797 in Books (See Top 100 in Books) #106 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #1460 in [Books > Health, Fitness & Dieting > Reference](#) #3740 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

I read five other books on menopause and pre-, peri-, and post menopause, prior to picking this one up at the library. This one helped me the most. It explains in some detail the studies done on hormones (natural, bioidenticals, and traditional) and what they have and haven't proven. The authors try to present the information in a straight-forward way, without too much bias, so you have the information to make a healthy decision for yourself along with your doctor. The menopausal

years can make you feel a little crazy and not like yourself. This book helps identify what is attributable to hormones and what is normal, healthy aging. It also provides information about what symptoms hormone therapy can help, and how to cope with other symptoms or feelings that HT can't help. And it backs everything up with scientific studies - not just the opinion of one doctor, pharmaceutical company, celebrity, or health guru. Plus the information is very up to date, which is important as the information about hormone therapy changes and improves. If you're questioning whether or not to take hormones, or what kind of hormones to try, I suggest reading this book.

Do not waste your money and time with other books about menopause. I did and not only most books are negative and give you a terrible picture of this change of life, but they are often too oriented "pro" or totally "con" HRT and other approaches. This one is open and nicely wrote. With a good sense of humor, it approaches each point with a positive and realistic attitude. It is easy to read, informative and never boring. To keep on your bedside table.....Agmari

My search for straight-forward information about menopause ended when I found this book. Thirty years ago, Barbara Seaman's "Free & Female" was a revelation for me. It provided the straight-forward information I needed during that time of my life. Now Seaman had done it again, this time for menopause and not a moment too soon!! I had been flailing around the internet seeking answers to many if not all of the questions posed in this book. Happily, she and co-author Laura Eldridge have found the answers and deliver them in clear, concise language understandable to anyone without a medical degree, i.e most of us. Highly recommended for everyone--the women who are going through this transition, those around them who are wondering what the heck is going on with their wives, sisters, daughters, friends and the medical professionals we turn to for help during this time of change.

I enjoyed this book- good overview of ALL symptoms of aging that are female-related (bladder, heart, bones, skin, etc) and not just hot flashes of menopause. However, they completely omitted the most troubling symptom I experienced- tachycardia, or heart pounding and racing, along with dread and anxiety. I looked under "heart rate, anxiety, pounding, tension, tachycardia"-nada. I have seen this described in various other books, so I know there is awareness out there. Big lack in this book. Also, while I appreciated the detailed descriptions of hormone therapy considerations, I would hardly call their view "unbiased." It's their perfect right to be biased: it's just that on the front cover they say they aren't. For several of the rotten symptoms mentioned (interrupted sleep, night or

day sweats, excessive bleeding) they suggest to just wait a few years till they subside. Quality of life during those "few year" may matter to some! Would we tell a man to just bleed, monitor his iron, and be patient? I don't know...

I thought this book seemed very true, but then every other book on hormones and menopause seemed true as well. I felt like this book shot down every hope of relief from hormonal symptoms-HRT to herbs and alternative treatments. Put on your cotton shirt and get out the fan. I guess it's not what I wanted to hear. If all these woman say is true, a lot of women have been screwed(sorry-best word I could think of...) It seems like no one really knows the best answer for problems of womens health. As hard as someone is screaming that they have the answer, someone else is screaming that the opposite is true.

This book is very informative. I am just in my early 40's but I am curious about the ways to lesson the effects of Menopause. And what to expect. It seems to be a subject that is not talked about much and seems like anything is normal. I first took it out of the library before purchasing because it is hard to find such a good book on this subject, it's been the best that I've found.

Average. Nothing exciting or new in the book. I've tried most and nothing works so just a lot of "wives tales" without any real new breakthroughs. Would be nice to see some new studies quoted and some new hope for women without HRT. Nothing new here.

[Download to continue reading...](#)

The No-Nonsense Guide to Menopause The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and Other Cognitive Effects of Perimenopause and Menopause The Menopause Bible: The Complete Practical Guide to Managing Your Menopause The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems Blogging: Blogging for Beginners: The No-Nonsense Guide in Putting Up Your Own Blog (Blogging - Bloggin for Beginners - Blogging Guide - Blogging Tips ... Books - Blogging for Profit and Money) MBA Admission for Smarties: The No-Nonsense Guide to Acceptance at Top Business Schools The No-Nonsense Guide to Teaching Writing: Strategies, Structures, and Solutions Parenting Your Child with ADHD: A No-Nonsense Guide for Nurturing Self-Reliance and Cooperation Event Planning Law for Small Businesses: A No-nonsense Guide for Startup Event Planners The No Nonsense Guide to Accident Settlement - What You Must Know to

Successfully Settle Your Car Accident Claim Crowdfunding Intelligence: The No-Nonsense Guide to
Raising Investment Funds on the Internet Reader-Friendly Reports: A No-nonsense Guide to
Effective Writing for MBAs, Consultants, and Other Professionals Fashionable Nonsense:
Postmodern Intellectuals' Abuse of Science A Book of Nonsense (Children's Classics) Robert
Cumming: The Difficulties of Nonsense How to Sell a Business for What It's Really Worth:
No-nonsense secrets from a forensic accountant and CFO ISD From The Ground Up: A
No-Nonsense Approach to Instructional Design Build a Rental Property Empire: The no-nonsense
book on finding deals, financing the right way, and managing wisely. No Shenanigans! Mixed media
painting: No-nonsense tutorials from start to finish to release the artist in you!

[Dmca](#)