



## The Only Menopause Guide You'll Need (2nd Revised edition)

By Michele Moore

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If you walk mindfully, you'll feel calmer and more grounded after this exercise. There are many online tools to help too including Headspace to help you with mindfulness techniques and Mindshift designed to help you cope with anxiety. The Menopause Doctor: Dr Louise Newson, founder of Britain's first menopause clinic, Newson Health Menopause & Wellness Centre. An awful lot of the women I talk to tell me they experience heart palpitations at some point in their menopause. It can be really frightening – the feeling that your heart is going to burst out of your chest - and many end up in hospital or at their doctors, get tests only to be told there is nothing wrong with their heart. This then causes them to get increasingly anxious about what is causing them. As you'll soon see how.) It's surprising how little we know about menopause – both men and women. If you know at least one woman in your life, you should be somewhat informed on the topic. Let's start with the obvious question: What is menopause? Natural Menopause. The –technical– definition is –the day a woman has not had her period for 12 months. So, if your last period was on Feb 27, 2019, and it's Feb 27, 2020 – you've gone through –menopause. If it was Feb 26, 2020, you would have not gone through menopause. Antidepressants: paroxetine is the only FDA approved non-hormonal medication for hot flashes. Lifestyle changes: no smoking, reduce caffeine/alcohol/other triggers, etc. Dressing lightly: wear less layers. Menopause can cause uncomfortable symptoms, such as hot flashes and weight gain. For most women, medical treatment isn't needed for menopause. Read on to learn what you need to know about menopause. When does menopause begin and how long does it last? Most women first begin developing menopause symptoms about four years before their last period. There are many factors that help determine when you'll begin menopause, including genetics and ovary health. Perimenopause occurs before menopause. Perimenopause is a time when your hormones begin to change in preparation for menopause.

If you walk mindfully, you'll feel calmer and more grounded after this exercise. There are many online tools to help too including Headspace to help you with mindfulness techniques and Mindshift designed to help you cope with anxiety. The Menopause Doctor: Dr Louise Newson, founder of Britain's first menopause clinic, Newson Health Menopause & Wellness Centre. An awful lot of the women I talk to tell me they experience heart palpitations at some point in their menopause. It can be really frightening – the feeling that your heart is going to burst out of your chest - and many end up in hospital or at their doctors, get tests only to be told there is nothing wrong with their heart. This then causes them to get increasingly anxious about what is causing them. Your Guide to Menopause. In this Article. In this Article. Menopause happens naturally with age. But it can also stem from surgery, treatment of a disease, or an illness. In these cases it can be called induced menopause, surgical menopause, or primary ovarian insufficiency, depending on the cause. When Does It Start? Menopause starts around age 51 when it happens naturally. Menopause. This is when you'll have your final menstrual period. You won't know for sure it's happened until you've gone a year without one. Hot flashes, vaginal dryness, sleep problems, and other symptoms are common in this stage. Postmenopause. This begins when you hit the year mark from your final period. Once that happens, you'll be referred to as postmenopausal for the rest of your life. We'll e-mail you with an estimated delivery date as soon as we have more information. Your account will only be charged when we ship the item. Details. Qty: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30. Qty:1. Add to Cart. Buy Now. The Only Menopause Guide has been added to your Cart. Add gift options. Buy used: \$7.98. FREE Shipping. Get free shipping. Free 5-8 day shipping within the U.S. when you order \$25.00 of eligible items sold or fulfilled by Amazon.