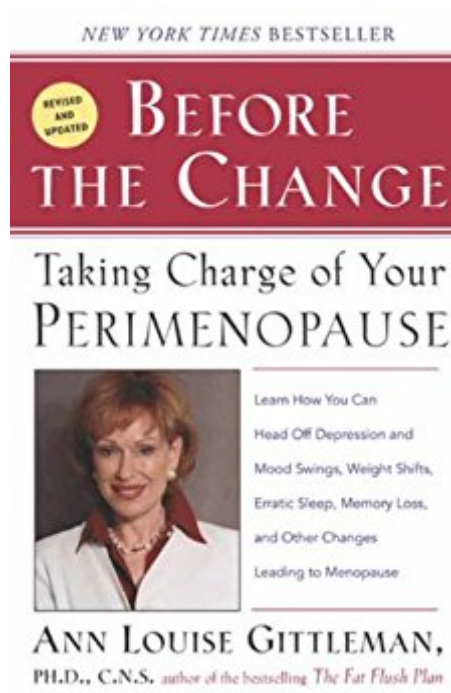




The book was found

Before The Change: Taking Charge Of Your Premenopause



Synopsis

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 goodbye 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

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Customer Reviews

Good book. She seems to know what she is talking about. My only complaint is some of this is written as if for another nutritionist or doctor. Some of the language was hard to get through as the book progressed and I finally gave up. I skimmed through it and got the basic ideas. They are sound and help. It's just in my opinion, it should be written for anyone to be able to get through and use it -without constant resort to a dictionary.

Don't wait until you are miserable, read this now so you can stave off those hormone imbalances before they get really bad. I've been doing most of the Peri-Zappers for years before I knew of this book, so I know they do work. Never think you're too young to worry about hormones. Once you begin menstruation your hormones will fluctuate. I gave flax oil to a 19 year old friend who was in the middle of her period and having a *bad* day...and I literally watched her return to a normal, relaxed state. So there are natural remedies out there that actually work without loading you up on chemicals-like Midol does. Anne Louise has done a great job of basically making a menopause bible that is easy to read, easy to understand and easy to follow. When you're done hand it to your husband, brother, or any male relative you are close to so they can understand what we go through. Buy this book now and start feeling better! :)

ALG does a great job in explaining this taboo subject- her advice is valuable. This book was purchased as part of my research on menopause. She tells you what your doctor doesn't

Love this book. I have a clean diet and began taking the vitamins she suggested. Oh my God, how long have I been feeling so down and not realizing. I want to tell all the women 40 and over about this book along with giving all of my Doctors a copy too. I was surprised to see how many health issues I have due to hormone imbalance, UTI's, cystic breasts, polyps in my uterus. Since I started taking these vitamins and taking the oils she suggested, all have cleared up.

This is a great book that I found my accident. I just came off the birth control pill, after getting my tubes tied. I am 40 and started experiencing some of the symptoms. I also went from

hyperthyroid/graves disease, after treatment to no thyroid function. I started on the primrose, flaxseed, and black currant oils. I am on synthroid now. After about 5 weeks on the supplements my pms is not so bad. I am adjusting my diet now, and work out even more than I usually do. The symptoms are better, but this book helped a lot. I strongly urge this purchase. I bought a used copy and w/shipping it was only \$8, the best \$8 I have spent. Order yours today, don't wait, and don't suffer anymore.

This is a great book to have. I don't want to do hormone therapy so this book is an excellent resource for alternatives. I have tried the first couple of recommendations and am satisfied and convinced that natural remedies are the way to go. I do have more energy when I follow the plan which was my biggest complaint. I have even started exercising a little- which I used to be too tired to do. There are some technical areas though that I didn't care for. I'm not a doctor so some of it did not make sense, but the overall information is still very helpful and I recommend this book.

The bulk of this book is about eating a healthy diet, not about perimenopause. That said, there were some helpful things in it such as what to eat to help with the particular symptoms you're having.

Before reading this book my PMS symptoms had grown from the day before my period to the week before, and a week in the middle of the month . . . they were beginning to take over my life. I KNOW my irritability level was OFF THE CHARTS and I was weepy at the drop of a hat (my poor family - ouch!). I know this sounds strange but at times it felt like someone was scraping their nails over a chalk board inside my bones. As far as lack of desire, well, its hard to feel amorous when you are ticked at your husband MOST of the time! My periods were heavier than normal, but still regular so I didn't even think about menopause. When a girlfriend mentioned the term "perimenopause" and that there are symptoms before the quintessential "hot flashes" I had heard so much about I began doing some research. I found this book at the library and read it in one day. As I read, I had MOST of the symptoms of perimenopause. What a relief to understand exactly what was happening to me! I tried the Peri Zappers and could not believe how quickly they calmed and settled my emotions! Gone was the feeling in my bones (it must have been some sort of vitamin deficiency), my skin is not so dry, and many other symptoms just disappeared or greatly lessened. Needless to say, I purchased the book and refer to it often when I have questions about what I am experiencing. After one year I am using almost all of the Peri Zappers and at 47, though things are progressing toward menopause the road is MUCH less bumpy. I can't imagine where I would be today without this book

and the Peri Zappers!

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Before The Change: Taking Charge of Your Premenopause [ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH] By Ballweg, Mary Lou (Author) 2003 [Paperback] Before the Change: Taking Charge of Your Perimenopause What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) What Your Doctor May Not Tell You About Premenopause: Balance Your Hormones and Your Life From Thirty to Fifty What Your Doctor May Not Tell You About Premenopause/What Your Doctor May Not T The Change Before the Change: Everything You Need to Know to Stay Healthy in the Decade Before Menopause An Empowering Guide to Lung Cancer: Six Steps to Taking Charge of Your Care and Your Life Heal Your Headache: The 1-2-3 Program for Taking Charge of Your Pain Critical Thinking: Tools for Taking Charge of Your Learning and Your Life (3rd Edition) Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health Endometriosis : The Complete Reference for Taking Charge of Your Health Mayo Clinic on High Blood Pressure: Taking charge of your hypertension Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control and Pregnancy Achievement Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health (Revised Edition) Taking Charge of Lupus:: How to Manage the Disease and Make the Most of Your Life Hired For Youth - Fired For Age: Taking Charge of Your Career at 50+ Fibroids: The Complete Guide to Taking Charge of Your Physical, Emotional and Sexual Well-Being

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