



Managing Menopause Naturally: Before, During, and Forever

Emily Kane

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In this informative new book, Dr. Emily Kane sets out to banish the current myths about menopause, making the important point that menopause is not a disease condition that requires medical intervention. It is instead, she says, a natural transition to be approached as a new type of freedom. Dr. Kane believes that menopause is a gift that allows many of us to live many more years-without monthly periods or the specter of unwanted pregnancies, or, for some, the roller coaster of premenstrual moodiness. This book is her road map for women, to help them navigate their way into, through, and out the other side of menopause-all the while in radiant health. Part One of *Managing Menopause Naturally* takes up the symptoms of hormonal change in the initial perimenopausal stage, which can include irregular menstrual periods, mood swings, hot flashes, night sweats, bone and hair loss, and foggy thinking, and provides practical, natural, non-pharmaceutical solutions. Part Two recommends incredibly useful natural solutions, including bio-identical hormones, ways to protect the liver, and many different natural supplements. Part Three discusses the roles that the ovaries and the adrenal and thyroid glands play in the female body before, during, and after menopause. The final section is an overview of how to stay healthy for a long time, and gives specifics on maintaining a functional immune system and reducing the risks of heart disease and cancer. Throughout, Dr. Kane dismantles the myths created around menopause: how it causes diseases and turns women into raging terrors; how, because women live longer now, their estrogen must be replaced; and how all menopausal women should be treated with standard hormones. She says these and other related myths are all inspired by conventional doctors and pharmaceutical companies, and tells us how it is possible, instead, to manage this transitional phase naturally and comfortably. The back of the book contains resources and references for follow-up and further information.

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