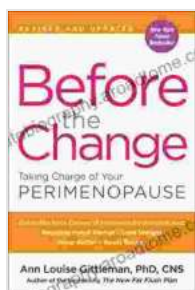


Before The Change: Take Charge of Your Perimenopause

Perimenopause is a time of significant change for women. It can be a time of hot flashes, night sweats, mood swings, and sleep problems. But it can also be a time of growth and self-discovery.



Before the Change: Taking Charge of Your Perimenopause by Ann Louise Gittleman

★★★★☆ 4.5 out of 5

Language : English
File size : 3229 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 313 pages



In her groundbreaking new book, *Before The Change*, Dr. Felice Gersh provides an essential guide to understanding and managing perimenopause. Drawing on her decades of experience as a leading expert in women's health, Dr. Gersh offers practical advice and support for women who are experiencing the physical, emotional, and psychological symptoms of perimenopause.

Before The Change is divided into three parts:

1. Part One: Understanding Perimenopause

In this section, Dr. Gersh explains the physical, emotional, and psychological changes that occur during perimenopause. She also discusses the different factors that can affect the severity of perimenopause symptoms, including age, ethnicity, and lifestyle.

2. Part Two: Managing Perimenopause Symptoms

In this section, Dr. Gersh provides practical advice for managing the physical, emotional, and psychological symptoms of perimenopause. She covers a variety of topics, including:

- Hot flashes and night sweats
- Mood swings and irritability
- Sleep problems
- Weight gain
- Low libido
- Vaginal dryness

3. Part Three: Taking Charge of Your Health

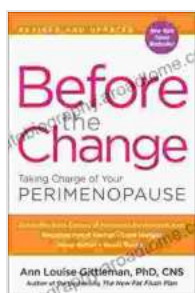
In this section, Dr. Gersh provides advice for women who want to take charge of their health during perimenopause. She covers a variety of topics, including:

- Exercise
- Nutrition
- Stress management

- HRT and other medications
- Complementary and alternative therapies

Before The Change is an essential guide for women who are experiencing the physical, emotional, and psychological symptoms of perimenopause. Dr. Gersh provides practical advice and support for women who want to take charge of their health and well-being during this time of change.

Free Download your copy of Before The Change today!



Before the Change: Taking Charge of Your Perimenopause by Ann Louise Gittleman

★★★★☆ 4.5 out of 5

Language : English
File size : 3229 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 313 pages





The Devil Doctors: A Heart-wrenching Tale of Betrayal and Resilience

The Devil Doctors is a gripping novel that explores the dark side of the medical profession. It follows the story of a young doctor who...



Progress In Complex Systems Optimization Operations Research Computer Science

This book presents recent research on complex systems optimization, operations research, and computer science. Complex systems are systems that...