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Menopause Self Help Book” in the suggested reading section of Chapter 11: Menopause in my book, YOUR BODY CAN TALK: HOW TO USE SIMPLE MUSCLE TESTING FOR HEALTH AND WELL BEING.As with Dr. Lark’s other books, “The Menopause Self Help Book ...

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To better understand how self-care can help you navigate this transition and to find out what works for some, we asked five women who have experienced

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conquered her hot flashes and other menopausal symptoms. Like me and you, she suffered unexpected changes and had to work hard to find a way for menopause to stop interfering with her life.

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The CBT approach is theory based and focuses on stress and wellbeing, hot flushes, night sweats and sleep problems, over 4-6 weeks; it is available in self-help

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book 3 and small group formats 4. The North American Menopause Society (2015) recommends CBT as an effective non-hormonal treatment option for hot flushes and night sweats 5.

Self-help Options for Menopause

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For many women, menopause comes abruptly, far sooner than 51, the average age of the body's natural cessation of menses—due to the 6,000 hysterectomies performed in the U.S. each year. For the rest of us, this unavoidable rite of passage

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often sneaks up after a six-month to ten-year hormonal time warp called perimenopause.

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happen anytime during your 40s or 50s, but the average age in the United States is 51. No matter where you are in your menopause journey, these books provide insight, information, and advice on how to stay healthy and embrace this next phase in your life.

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women's libidos, but a book offers real help. Meanwhile, a good deal of research shows that women with desire issues tend to feel exhausted by their daily responsibilities—their marriages, parenting, families, and jobs—and have difficulty creating space in their hectic routines for



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a healthy life and taking care of  
your body is one of the best ways

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to alleviate menopause symptoms naturally and improve your overall health and well-being. Some examples of lifestyle changes include, but are not limited to:

Exercise regularly. Exercising regularly can be one of the most effective home remedies for

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