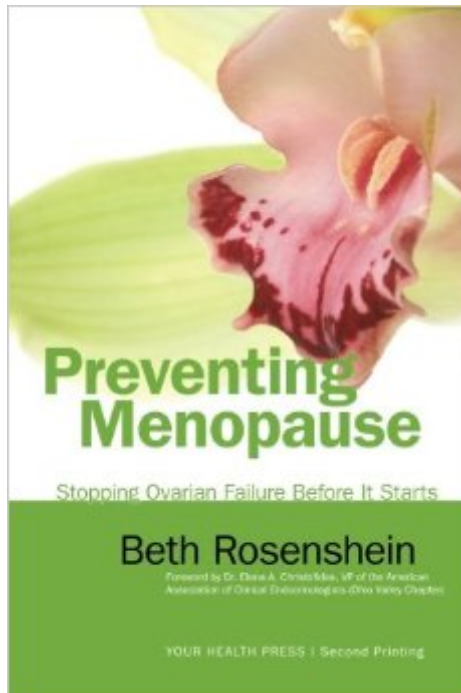


The book was found

Preventing Menopause: Stopping Ovarian Failure Before It Starts



Synopsis

MENOPAUSE: WHY IT'S THE BIGGEST HEALTH RISK WOMEN FACE Ovaries are only needed for childbearing, right? Wrong! The truth is, the ovaries have many functions vital to a woman's health, including an integral role in sexual satisfaction, quality of sleep, overall mood, and protection from breast cancer, colon cancer, and heart disease. When ovaries run out of eggs and fail, which is what happens at menopause, women's bodies are left far more vulnerable to these diseases, with significantly reduced sexual function. The information needed to prevent or delay menopause for at least thirty years, thus improving our sex lives and overall health as we age, has been available, but no one's told us about it. Until now. In her groundbreaking book, *Preventing Menopause: Stopping Ovarian Failure Before It Starts*, Beth Rosenshein explains how you can safely make menopause an optional phase of life. Working together with your doctor, and using the newest and most appropriate hormonal therapy, you can prolong ovarian function and maintain good health. Not only will this program provide birth control, but it will keep your sex drive alive too. One thing is for sure: this is not your mother's Hormone Replacement Therapy! For more information go to www.preventingmenopause.com.

PRAISE FOR PREVENTING MENOPAUSE • I hope women and their loved ones use the information in this book to help them make a reasoned, informed plan that will address what is happening to them in this often difficult time. • Dr. Elena A. Christofides, Endocrinologist (from the Foreword) • Beth Rosenshein continues to work hard to further clarify the poorly understood area of ovarian function. Her tireless research raises excellent questions about the effectiveness of our current medical options. It is a big step forward toward addressing questions that will help us customize care in order to achieve better quality of life for women in the second half of their lives. • Dr. Scott Eberly, Internal Medicine, Bellevue, WA • Preventing Menopause opens up several new doors in the exploration of women's health. It offers women more choices in how they want to experience menopause. I highly recommend this book to those who are experiencing pre and menopausal related symptoms. • Libby Yuskaitis, RN, BSN

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