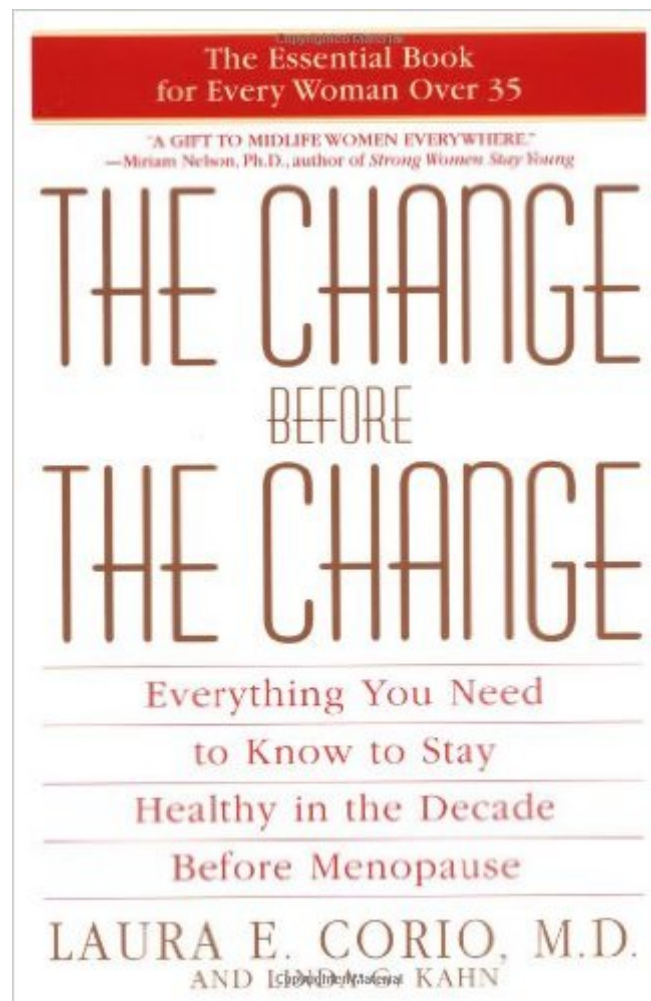


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# The Change Before The Change: Everything You Need To Know To Stay Healthy In The Decade Before Menopause



## Synopsis

The Essential Book for Every Woman Over 35 You're in the prime of life. As far as you know, menopause could be years away. So why is your body sending you such weird messages? Women today can't afford to lose time and energy to the common, but often misdiagnosed, symptoms of perimenopause — from mood swings and stubborn extra pounds to hot flashes and insomnia — that precede menopause by as much as a decade. In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being: • Hormone treatment before menopause, including all the new, natural, and low-dose forms that are making this a safe choice for more women • Herbs, soy, and other alternative therapies that are backed by solid medical research • How perimenopause affects fertility — and what to do if you want to get pregnant • How your skin, hair, and nails reflect deeper changes — and how to make them vibrant again • Ways to combat cancer fears — and what tests you absolutely must have • Whether a high-protein diet is right for you — and what vitamins and minerals you should be taking • What to do now to protect your breasts, uterus, bones, and heart in the years to come • Diet and exercises to prevent or minimize symptoms, and much more!

## Book Information

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## Customer Reviews

I am thrilled with this book and looking forward to recommending it to my friends, family and patients with whom I have shared many of these symptoms without understanding what my body was trying to tell me. What a relief to know what's happening, to know what to do, to have this information

come in such a thoroughly researched, easy to read, engaging book.

As an Labor and Delivery nurse, I have to get Continuing Educational Units for my license. This book was the text book for a at-home course. Anyway, knowing that I have some of the symptoms of perimenopause, I wanted to learn more about what I was going through and where it was all going. This book did all that and more. Excellently written for the lay person or professional. Covers symptoms, pathophysiology (what is going on in the body), what to expect, what to do about it.....and maybe what other physical problems may be occurring that are not related to perimenopause and could be misdiagnosed. The book made me giggle several times...."oh yeah, I am doing that...oh and that, too. You learn that you are not losing your mind, that it is all a natural process and YES, you can do something about it to ease the journey. Actually, the woman's body is pretty amazing. It goes through so many changes throughout life. Sure keeps life interesting...grin. So now I am purchasing the book for my friend...who ran out of the restaurant/bar the other night having a hot flash...she worries that something is not right...grin. I am sure this will help.

When I first got it, I picked this book up and opened it at random. The very first section that I looked at was regarding the fact that the body changes the places where it stores fat as you age. I don't know about you other ladies out there, but it was extremely relevant to me. No wonder my belly has started to stick out, even though my exercise and lifestyle has stayed the same. The book covers not just the specific symptoms of menopause and perimenopause but it also includes an overall look at the changes in the female body during the years from about 35 to about 50. And apparently, there are a lot of them that I had no clue about. I wish someone had given me this book three years ago. It would have been nice to have a warning about what to expect and what to look out for as my hormones are starting to go whacko. It's weird that we don't find these things out until we've been struggling with our symptoms for months or years. If you know a woman in her early 30s, give her this book now. Not for her birthday or some other occasion. Just as an everyday gift. After all, you don't want to get punched in the eye. "Are you suggesting I have violent mood swings? I'll show you a violent swing..." But seriously, this is good information to have BEFORE you need it. Also, it wouldn't hurt if husbands read it too. It has lots of good information about WHY your woman is suddenly acting like a lunatic half the time.

This has a nice rahrah tone, but doesn't have the information or support suggestions I found in THE

PAUSE by Dr. Lonnie BARbach -- a book I'm very glad my doctor recommended when I expressed my disappointment in this one. In THE PAUSE I found the kind of detail interpretation and facts which explained not just physical and emotional symptoms, but ways of handling them. It really helped me get going again and I recommend it instead.

"The Change Before the Change" is a great book explaining the physical and emotional changes during the perimenopause years, the years preceding menopause. The book offers ways to cope and deal with this period, such as the addition of vitamins and herbs, diet change and changes in lifestyle that may make the transitional period somewhat easier. Personally, having passed through this period, I found that if you wake up feeling grouchy as a bear, no vitamin or herb on Earth is going to turn you into Little Ms. Cheerful! The best medicine is often a true understanding of the changes taking place and the realization that they are a natural life-process, no matter how unnatural it may seem at the time. This book addresses some very common concerns, but I think it is important to remember that what works for one does not necessarily work for everyone. In many cases, what does seem to be effective is having a positive attitude and making the commitment of time to do whatever it is that brings YOU peace of mind and tranquility, i.e. meditation, tranquility music, reading a book, aroma therapy, spirituality or a walk on the beach, etc. Difficult as it may seem, it is critical to find time just for you. After all, aren't you worth it? Throughout our life cycle, it is important to our well being to find a sense of balance and harmony. "The Change Before the Change" is well researched and addresses concerns most women have at this time in their life cycle....

This book was a very good primer about what to expect in perimenopause but did not really enlighten me much more than other articles or pieces I'd read. I would say it would be best for someone who has very little, if any familiarity, with what the menstrual cycle means (in terms of the hormones involved and how they change throughout the cycle, and as you age. It had some good basic info but probably needs to be revised to reflect current info since the publishing date is a bit old.

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