Menopause without weight gain: The 5 step solution to challenge your changing hormones by Waterhouse

As they move towards menopause, women usually experience an increasing waistline and multiplying fat cells...no matter how much they exercise. In this book the author provides strategies to cope and also explains the positive side: that the more oestrogen you produce the fewer mood swings and hot flushes, less intense PMS and improved sleep.

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You can find further information here:

- nhs.uk/conditions/menopause/
- nice.org.uk/guidance/ng23/ifp/chapter/Menopause
- patient.info/womens-health/menopause
- rcog.org.uk/en/patients/menopause
- rcog.org.uk/en/patients/patient-leaflets/treatment-symptoms-menopause/

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Healthy eating for the menopause by Glenville et al
The authors explain how your diet can work as a natural alternative to hormone replacement therapy (HRT). This book contains recipes for all meals in the day.
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Managing hot flushes and night sweats : a cognitive behavioural self-help guide to the menopause by Hunter & Smith
Sets out an interactive four-week programme using cognitive behavioural therapy (CBT), with exercises and worksheets designed to enable women to develop strategies for managing menopausal symptoms.
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Menopause : a self-help guide to feeling better by Green
In this easy-to-follow book, the author explains common physical and psychological symptoms of the menopause and offers a holistic approach to help you deal with them.
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Menopause confidential : a doctor reveals the secrets to thriving through midlife by Allmen
Written by Dr. Tara Allmen, a board-certified gynaecologist, this book aims to help the reader understand and navigate the hormonal changes and health issues women experience in midlife and beyond.
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Menopause essentials by Currie
This introductory guide answers 50 key questions asked by women going through the menopause and their families. It provides a summary of symptoms and treatments, and offers practical advice on living life with the menopause.
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Menopause maze : the complete guide to conventional, complementary and self-help options by Arroll & Efiong
Based on up-to-date research, this book provides an account of the pros and cons of the different options for managing the menopause, aiming to help the reader to make an informed decision about the best approach for their particular situation.
Shelved at WP 640 ARR

Menopause: survive and thrive by Hope & Chaubert
This comprehensive self-help guide, draws on the extensive experience from the authors’ own clinic. Real-life case studies are used to highlight practical solutions for both common physical and emotional symptoms of the menopause.
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Menopause: the answers by Leonard
Dr Rosemary Leonard debunks some of the myths surrounding the menopause, including why ‘perimenopause’ is a layman’s term, and the pros and cons of HRT. She discusses the best approaches to the menopause and which form of treatment will work best for the individual.
Shelved at WP 640 LEO

Menopause: the healthy, happy way : nutrition for change and growth by López
Eating, exercising, and sleeping well are keys to healthy living at any age, but these and other concerns may be even more important during menopause. This guide aims to set you on the path to wellness and happiness as you embark on this journey.
Shelved at WP 640 LOP