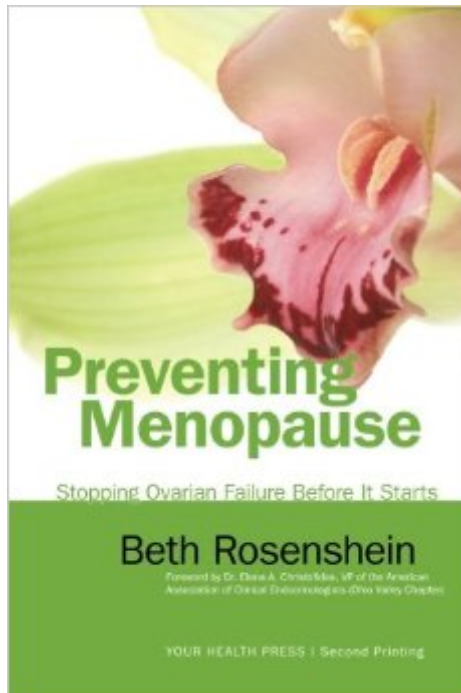


The book was found

# 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](http://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

## Book Information

Paperback: 106 pages

Publisher: Your Health Press (February 23, 2013)

Language: English

ISBN-10: 0988946009

ISBN-13: 978-0988946002

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,074,864 in Books (See Top 100 in Books) #73 in Books > Health, Fitness & Dieting > Women's Health > Menopause #2720 in Books > Health, Fitness & Dieting > Women's Health > General

[Download to continue reading...](#)

Preventing Menopause: Stopping Ovarian Failure Before It Starts Saving Your Marriage Before It Starts: Seven Questions to Ask Before -- and After -- You Marry Saving Your Marriage Before It Starts Workbook for Men Updated: Seven Questions to Ask Before---and After---You Marry Saving Your Marriage Before It Starts Workbook for Women Updated: Seven Questions to Ask Before---and After---You Marry Software Failure: Management Failure: Amazing Stories and Cautionary Tales (Wiley Series in Software Engineering Practice) The Change Before the Change: Everything You Need to Know to Stay Healthy in the Decade Before Menopause A Study of Endometriosis, Endosalpingiosis, Endocervicosis, and Peritoneo-ovarian Sclerosis a Clinical and Pathologic Study The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and Other Cognitive Effects of Perimenopause and Menopause The Menopause Bible: The Complete Practical Guide to Managing Your Menopause Stopping by Woods on a Snowy Evening The Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It Thinking Security: Stopping Next Year's Hackers (Addison-Wesley Professional Computing Series) Stopping the Panzers: The Untold Story of D-Day (Modern War Studies (Hardcover)) Stopping ADHD Stopping Hyperactivity: A New Solution Stopping the Pain: A Workbook for Teens Who Cut and Self Injure Preparatory Exercises in Double-Stopping, Op. 9: Violin Method The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best

[Dmca](#)