

# Sanity Beyond Menopause

Jennifer Ballard



Jennifer Ballard

## Sanity Beyond Menopause



[continue reading](#)

Exploring standard and homeopathic choices, the impact of meals and nutritional supplements, and also a peek in to the controversial subject matter of male menopause, you will most definitely find support and practical alternatives to help you effectively navigate this tumultuous period. Do you feel by itself in this struggle? Disappointed by a healthcare program that appears to respect menopause as merely an annoyance and not worthy of attention? Wondering if it's all in your head? *Sanity Beyond Menopause* requires a humorous, but educational romp through the author's personal experience with this dramatic switch of lifestyle. Ballard presents a tongue-in-cheek, yet frequently poignant look at the struggles many menopausal ladies deal with "behind closed doors" due to lack of support and frequently conflicting info. Sharing her real-existence odyssey of trying to separate myth from reality and reality from fiction for the best path forward, you will laugh, cry and also shake your head in disbelief. Menopause is a significant life event for females that may have profound implications on their physical, mental and emotional well-being.



[continue reading](#)

After reading this I felt comfort in knowing I am not by yourself and all women will get their "sanity" upon this crazy merry go round that we call menopause. You can find in-depth discussions of varied topics, such as: hormonal changes during menopause, symptom management strategies, food, products and health concerns of midlife ladies. She even throws in a little information on male menopause. Among the strengths of this book is the emphasis on ladies to take responsibility for his or her well-becoming during menopause and beyond. Enjoyed book, provided info and answered many questions. Enjoyed book, provided info and answered many queries. I was on bio identical hormones for 5 years and let a male gynecologist convince me to go off of them. I felt as though the writer Jennifer Ballard was telling my tale except her's is a lot more researched. Her medical background helped to explain many areas about menopause but not in a manner that I'd need a medical level myself to understand. Great book! I had another doctor actually yell at me and said it's all a lie! Well I felt awful for two years and am now taking bio identicals again. I read many books about menopause and got to be my own advocate such as the author suggest. I liked this publication and the validations it provided me in my own struggle with menopause. Done well! The real truth about menopause and treatment options! Thank you for giving me wish!!!! Finally a book that speaks directly to me! This is definitely an absolute must have for any woman who's going through menopause and not sure where you can turn. A book for just about any age woman. The author does a lovely job of explaining the options for treatment and also confirmed points in a useful and funny method. Straight talk on menopause. Seeing that asserted in the title, this book presents a comprehensive connection with the problems of menopause and beyond. This is a must read! Quick, insightful read I came across this book to be very insightful and informational from a younger perspective of the authors personal knowledge to overcome menopause.. A MEANS Through the Wilderness This little volume combines thorough research into the physiological phenomenon referred to as menopause with a very human approach to what our grandmothers called "change of life"! The author did extensive research and shares her personal story of battling and trying to overcome menopause. Kudos to the author for her plain-spoken, witty and incredibly helpful expose of the morass of menopause. It had been a great read with so much useful information! An insightful, educated, and witty exploration of a topic that is often mystified and/or ignored.! Great read Thanks Jennifer Ballard for writing this book. This is a good read, a fast read and filled up with excellent. The author clearly did a lot of analysis and revealed her own real/frustrating struggles. This is a great read, a fast read and filled up with excellent information. I've made an appointment and am encountering similar excellent results after my appointment and perceptions with an NP. Thanks for the research, information and encouragement. The book is inspirational and encourages one to try new ideas and continue steadily to strive to attain a wholesome diet for better health. I quickly linked to the message as I have dealt with menopause symptoms for at least the last 12 yrs. of my life. Having have huge variations with western medicine choices, it was very educational to learn the outcomes of the author's considerable study on alternatives. The book is inspirational and encourages one to try new tips and continue to strive to attain a healthier diet for better wellness. Nurse's response to patient's questions! I strongly recommend this book for those who need to keep carefully the conversation going. Many thanks Jennifer for your insight and making this part of a woman's lifestyle bearable. Although I am past menopause and managed to go through the process with little problems, my patients are always asking for information and I came across this book to be a life saver. Very useful information! Those long-suffering girls never talked about it, significantly less tried to understand or treat it.! This publication is an extraordinary 'how-to' manual for anybody dealing with that part of presence. She encourages females to research, ask questions and seek help, which just may have you bucking standard wisdom to obtain a "happier, healthy and more radiant you". Could relate to many of the same complications women endure as they travel the menopause road.. I now understand where and where to find a few of the answers I am looking for about my health.! The writer also touches

foundation on an assortment of topics, such as western medicine, bioidentical hormones, meals, supplemental and much more. I was introduced to bioidentical hormones some time ago and it was a lifesaver for me personally.



[continue reading](#)

download Sanity Beyond Menopause pdf

download Sanity Beyond Menopause fb2

[download free Food And Symptom Diary mobi](#)

[download free Shot Record Booklet: Health Log Book txt](#)

[download The Special Forces handbook of medical secrets e-book](#)