

*M*artinis & *menopause*

Strategies, Science,
and Sips that

**Empower
Women**

to Beat the
Hormone Groan

Kelli Jaecks



Kelli Jaecks

Martinis & Menopause: Strategies, Science, and Sips that Empower Women to Beat the Hormone Groan



[continue reading](#)

Are You A Hostage To Your Hormones? Will it feel like your body is betraying you?) on why these exact things are happening for you, paired with doable life style ideas to help you feel much better and live better! Martinis & Menopause is every menopausal woman's help to beating the hormone groan and thriving on the other hand. Can you become a raging witch in 0-to-60 seconds flat, leaving burned corpses in your wake? You might have turn into a HORMONE HOSTAGE. That's where we discover how to defeat the hormone groan. Is your world so stressful which you want to crawl in bed during the day and shut the lights off? This book presents: - Ten of the very most common menopause symptoms and how exactly to treat each one effectively - Science-based strategies which will motivate you to live your very best self - Martini and Mocktini quality recipes in every chapter (yum!) This reserve is your house to find knowledge about what's going on with your body. At your fingertips is the easy-to-understand technology (I guarantee! Do you wolf straight down every salted chip and sugar-laden brownie around the corner? And you, my pal, are not by itself. KELLI JAECKS can be a menopause survivor who has catapulted, stumbled, laughed, and cried her method to the other part of perimenopause and menopause. No more a hormone hostage (at least most days), her goal would be to assist you to live well and with personal power through all of the adjustments you ll proceed through in this incredible trip of life!



[continue reading](#)

... Congratulations to Kelli Jaecks for producing an informative, interesting and engaging reserve on a challenging subject matter. Congratulations to Kelli Jaecks for producing an informative, interesting . She is full of wisdom, laughter and humility. Kelli uniquely presents practical advice in a digestible and interesting method. I want I'd had this book when I was in the perimenopausal years. Too late for me, but not too late for a few of my customers. I am sharing this...! I LOVE Martinis and Menopause and desire it would have recently come out about a decade ago.. I haven't tried mixing the martinis or mocktinis yet, but I will soon. I feel so empowered! I've not yet had the privilege of seeing her speak, but if she's anything as interesting and entertaining as her book - it will be a real pleasure! Love the structure and the accessibility to this information she provides. The reserve is incredibly informative, current, and a great self care reference regardless of your age! This old doggie learned new methods. I had so much embarrassment around popular flashes. I believed that my desirability was over. Lots of great tips, assets and encouragement. This book empowers women going through this transition and lets us know that we can be our best in this stage and beyond. Her humor, coupled with educational info and insight into the female body and menopause produces a quick read! I REALLY LIKE Martinis and Menopause and desire it could have come . Not merely is Kelli an incredible writer but she is a phenomenal speaker Not merely is Kelli an amazing writer but she is a phenomenal speaker.. I am on holiday and can't put this book down! I've not been through menopause yet but I am prepared for it now! However, that could have meant Kelli Jaecks would have to be 10 years older or going right through the phases of premenopause and I do not wish that on her. The cocktail recipes are a great bonus! Kelli requires a no nonsense method of one of the most taboo topics that females face. Like the structure and the option of this information she .. Kelli is an excellent presenter. and with a pleasant dose of humor.? We am still locating useful tips, loving the non-public sharing and I I've something to recommend to friends caught in the depth of premenopause. Thanks for taking so openly concerning this important aspect of feminine physiology and rendering it fun! Reading the book right now and can relate this to my .. I've noticed Ms. I experienced like everything was "my fault" and she helped me discover, and feel, that "hormone groan" is a thing that it really is "normal" and that there are solutions and ways to work through this, and it can be done with a smile.. Hoping to finish the publication this weekend. Five Stars A great and refreshing perspective! Even a 50 yr old man appreciates this "survival instruction"! Jaecks professionally speak and she is a dynamo. Every day is a journey, and she, along with our tribe and this book, are there for me at every step. Over 80% of my customers are Ladies Executives and I gained so much insight as to the physical and mental changes a female may endure. permanently! This will end up being my HEAD TO GIFT for 2018 and beyond. This will stay in my own business library... I intend to make use of my learnings from Jaeck's book so that I can be a better listener, colleague and friend. Empowering Informative Funny and Truthful Wish I had browse this book a few years ago. You did a great job! An extremely fun and factual way to ... because of it for the women in your lives) to buy this book and create a tribe of support in YOUR community. I wish I'd have had it 20 years ago. You do a great job! An extremely fun and factual way to present the cold hard facts. The author gives scientific answers and solutions for symptoms ladies have with hormonal shifts. Thanks for all your great drink ideas, as well!!!! A positive, fun method to work through the "hormone groan"! Kelli changed my entire life. I was struggling and felt so alone when my body and Human brain started going through these changes. Reading the book today and can relate it to my own lifestyle. I was wanting to read this publication to gain insight from what so a lot of my female close friends endure. I advise ALL women (and men! I read your publication this weekend. It is a

fun, accessible read that is relatable on therefore many levels. Thank you Kelli, because of this gift. An excellent gift for women getting ready to proceed through menopause.. She first came to my interest from her function in the Dental Health field. I bought this reserve for my mother. A MUST Browse!!!! Well written, with humor and Martini dishes as added reward! I LOVE the combination of the martinis and mocktinis to maintain it fun and spicy! A MUST READ for all females experiencing :the change!!



[continue reading](#)

download free Martinis & Menopause: Strategies, Science, and Sips that Empower Women to Beat the Hormone Groan fb2

download Martinis & Menopause: Strategies, Science, and Sips that Empower Women to Beat the Hormone Groan pdf

[download free A Case for Kindness: 40 Ways to Love and Inspire Others fb2](#)

[download free Let Food Be Your Medicine Cookbook: How to Prevent or Reverse Disease! ebook](#)

[download Quick and Healthy Keto Zone Cookbook: The Holistic Lifestyle for Losing Weight, Increasing Energy, and Feeling Great ebook](#)