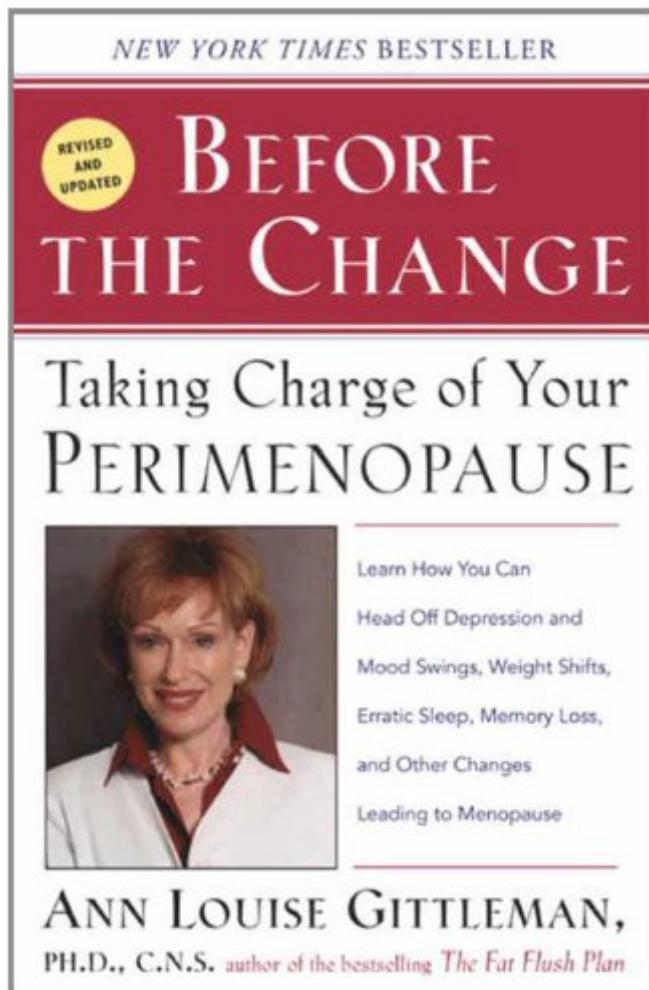


The book was found

# Before The Change: Taking Charge Of Your Premenopause



## **Synopsis**

From renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated guide to taking charge of your perimenopause. Filled with the latest research as well as practical tips and menus, Gittleman also incorporates timely information, especially pertaining to Hormone Replacement Therapy. Learn How You Can head off Depression and Mood Swings, Weight Shifts, Erratic Sleep, Memory Loss, and Other Changes Leading to Menopause. Take charge of your perimenopause simply, safely, and naturally! This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself. By following the author's proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through this vital phase of your life. With this essential doâ "yourself program, you can say goodâ "bye to hormone havoc and sail through your perimenopause, the period of about ten years leading up to menopause, by understanding and controlling its symptoms. Before the Change. .clearly explains the symptoms of perimenopause and offers a selfâ "diagnosis quiz; .details safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs and natural hormones.gives you a powerful Changing Diet, with tips and recipes for foods that prevent and alleviate symptoms

## **Book Information**

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## Customer Reviews

When I hit 40, my hormones went haywire. Instead of hot flashes, I started getting cold flashes. Instead of a reduction in periods, I started getting mine... every TWO weeks. Really bad cramping and bloating too, like I hadn't had since I was a teen. Since I have lived 40 years in great health by shunning the Western medical society and their dope pushers (the pharmaceutical companies), hormone therapy wasn't even a consideration for me. But suffering for five days every two weeks was no way to live either. Then God smiled at me and handed this book to me at a yard sale. I read the whole book in one sitting - it's a really easy read - and gained many good pointers and tips. But there was one tip in the book alone that got my hormones (and periods) back to normal...One of Dr. Gittleman's recommendations is to increase magnesium intake to help regulate haywire hormones. One "snack food" that is just loaded with magnesium is almonds. I hadn't eaten almonds in years due to their fat content, but I decided to give almonds a try anyway. And guess what? They worked! And quickly too. Within one month of adding a daily serving of almonds to my diet, my periods regulated again both in frequency and in intensity. The cold flashes subsided too. So for less than \$5 (the price I paid for the book and the almonds), I was able to correct a major hormonal imbalance! No prying doctor with a cold bedside manner groping and prodding me and asking me embarrassing questions! No invasive physical therapy! No over-priced artificial hormones loaded with many negative side effects! So I strongly recommend this book to all women approaching menopause.

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