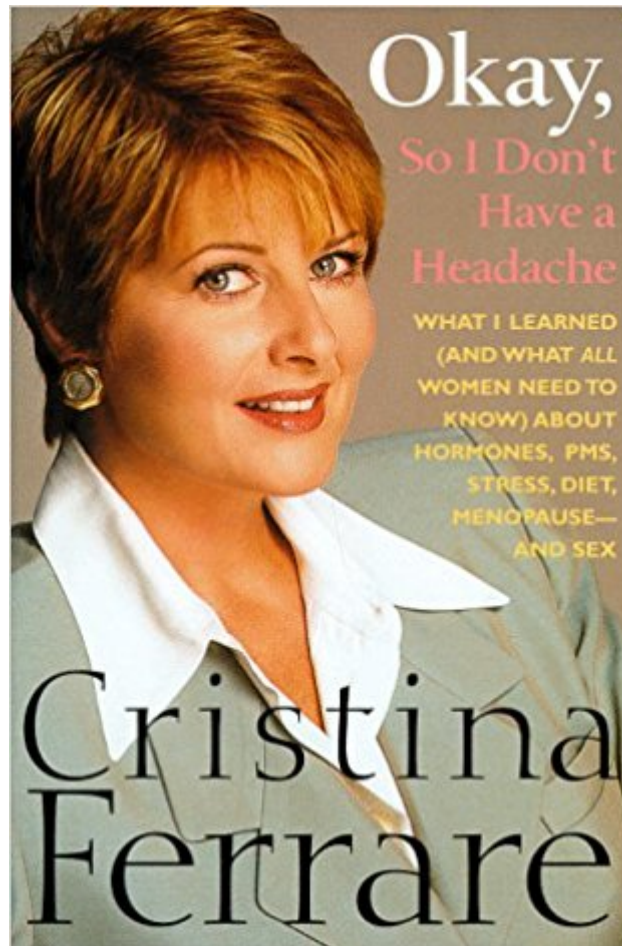




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Okay, So I Don't Have A Headache



Synopsis

The author discusses menopause and hormone therapy and includes a series of recipes, exercises, and meditations designed to help balance hormones.

Book Information

Hardcover: 177 pages

Publisher: St. Martin's Press; 6th ed. edition (May 1999)

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Customer Reviews

Former model Christina Ferrare has been a familiar face on TV for more than a decade, hosting and appearing on talk shows. Now she's famous for another reason: she bared all--in the emotional sense--on Oprah's [Oprah](#) and in this book about the perimenopausal lack of sexual desire that changed her from lusty wife (making love in every room, greeting her husband at the airport wearing only an overcoat and high heels) to the mistress of avoidance maneuvers: "I have a headache/backache/wet nails." She shares her search for a solution to other perimenopausal symptoms ("I had my first hot flash at Neiman-Marcus, and initially I thought it was from seeing the bill from my purchases"), exploring changes that made her feel better outside the bedroom as well. Ferrare doesn't hold back, confiding her PMS-fueled chocolate rituals (she stuffed as many as seven unwrapped peanut-butter cups in her bra and walked them by her husband). Eventually she gave up foods that weren't good for her, turned to whole foods and exercise, and balanced her diet with herbs and vitamins. She decided against synthetic hormone replacement therapy in favor of natural alternatives: soy, natural progesterone, and herbs. Testosterone cream helped put the zing back in her sex drive. She wisely warns that she is not a doctor and that the program she presents is what worked for her. Readers will need to consult a doctor who knows about alternative medicine

to find what will work for them--but she stresses that there is help out there. The book includes about 50 of her favorite healthy recipes. --Joan Price

"Cristina Ferrare has opened a Pandora's box and exposed our shared secrets: we're not perfect, we get PMS, we gain weight, and yes, we even lose the desire to make love to our partners. Her personal odyssey and discovery will help women stop looking for excuses and begin to take charge." --Judith Reichman, M.D., author of I'm Not in the Mood: What Every Woman Should Know About Improving Her Libido and I'm Too Young to Be Old

Although I haven't finished the book, the information in it is helpful and interesting. It's a tell it like it is and I can relate!

This book is great. Easy and fun to read. Very down to earth. It always amazes me how you can feel like you are so alone in the world about something and one person with enough gumption says it out loud and you then find out you are 1 of millions. The recipes in the back are great. It shows how to put her advise to good use. Very sound advise from a lady with her head on straight.

This book is long on funny PMS stories and short on details. Basic message is, "check with your own doctor" and "good diet and exercise are the solution". I didn't need this book to know that. The mystery cream she touts is barely mentioned and no suggestions of how to get it. I am going to try the books in her bio next, maybe Judith Reichman, to look for practical suggestions.

As others have said, it is easy to read--perhaps too easy! Give me something with more substance--I'm not a child, and can understand medical basics. This is a problem with publishing today--a pretty face, minimal knowledge, celebrity status = instant book. The book is a waste of money.

I am a woman looking for serious information about a very serious problem. I mistakenly purchased this book in hopes that it could help me piece together the last 13 years of doctors, medications, and surgeries. I knew that something was very wrong, but got little response from my doctors. They just seemed to be treating the symptoms and missing the problem. I was recently diagnosed with a microadenoma of the pituitary gland (a very small tumor). I told my doctor of my lack of interest in sex and he told me that it is very common in women with my condition--end of story. Back to the

book- this is a nice story of Cristina's experiences, but if you are looking for information that can help you understand what is going on-do not waste your money on this book. I guess this national television focus was a great opportunity for a book with a celebrity name attached to be written, and if that is what you are after, this is for you. For serious answers to serious questions about lack of sexual desire, get the book by Dr. Reichman "I'm not in the mood".

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I saw Cristina Ferrare on Oprah discussing her book. I'm 23 and thought I was alone in not having the drive anymore... After seeing the interview, I went and ordered the book. I have to agree with others. It was more of a cook book than anything else. It also seemed to focus only on those women that are close to menopause, not us young women barely out of our teens that also need help with these issues.

I just purchased this book last night at the grocery store. I had it read before I went to bed. It was very interesting to read how Cristina's mood swings revealed themselves at different times of the month. I felt like she was talking for me. Sometimes I too act and say things that make me wonder who I am! And then I tell myself, "You know what the problem is, this is just temporary (I HOPE!). Cristina, thank you for sharing your most personal thoughts with us! I now know that I am not alone with these crazy feelings and reactions and you helped me to understand that there are natural products to help me through this time of life. I will look into these and keep your book very handy! Thank you!

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