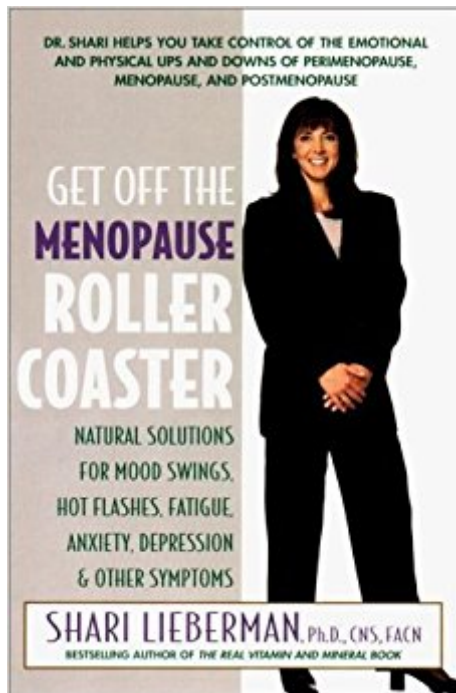




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# Get Off The Menopause Roller Coaster: Natural Solutions



## Synopsis

Long treated as a disease rather than as a natural phase of a healthy woman's life, the menopause can be a time of increased vitality and well-being. This book aims to help women of all ages understand and prepare for the menopause in a natural and informed way. The book guides readers through a natural, safe and effective programme using herbs, vitamins and other supplements, and shares up-to-date information on natural hormones such as phytoestrogens. Also discussed are the the benefits of using saliva tests to accurately assess hormone levels in peri-menopausal women.

## Book Information

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## Customer Reviews

Lieberman, a clinical nutritionist with a great deal of interest in natural therapies, has written a clear, concise guide to treating the symptoms of menopause. Her focus is holistic, with good advice on eating right, exercising, and taking herbal supplements to counteract menopause-related hot flashes, menstrual changes, and sexual symptoms. Though following her advice is not as convenient as taking hormone replacement pills, Lieberman argues persuasively that her plan is a healthy way to approach menopausal changes. She does discuss the pros and cons of hormone replacement therapy, but she challenges readers not to use it as a substitute for healthy living. Very well written and engaging, this work complements Dr. Susan Love's *Hormone Book* (LJ 3/1/97) and Miriam Stoppard's *Natural Menopause* (DK, 1998) while offering a nice counterpoint to Adam Romoff's excellent *Estrogen : How and Why It Can Save Your Life* (LJ 2/1/99). Recommended for

public libraries and consumer health collections. DElizabeth Williams, Houston Acad. of Medicine-Texas Medical Ctr. Lib. Copyright 2000 Reed Business Information, Inc.

Shari Lieberman, Ph.D., C.N.S., F.A.C.N., is a professor at the University of Bridgeport, School of Human Nutrition graduate program and runs a private practice as a clinical nutritionist in New York City. A popular advocate of natural therapies, she appears regularly on QVC and is the coauthor of The Real Vitamin and Mineral Book.

I have read it a thousand times!!!, excellent information!, It was like my personal physician when I was going through menopause, it help me a lot to understand many issues and learn about new approaches to survive menopause. Pre and Menopausal ladies this is a really GOOD BOOK!!!!!!!!!!!!!!

The info is accurate but just rehashed. She doesn't add anything new to what is already out there. Don't bother.

Knowing that so many doctors don't really care about the menopause or at best know little more about it than to prescribe HRT (which is now known to potentially kill you) I felt the need to read about it because unfortunately the natural doctor I chose immediately came up with.... yes... HRT! She didn't even care to ask me about my family's cancer history.... (my mother died of breast cancer). There are many books on this subject around and from the reviews one not always knows which are the best ones so I decided to go for a few of the cheapest. This is the first one I read so far and although there are some old-fashioned concepts I don't agree with there is also great information, especially the chapter on supplements which is very interesting. I also appreciated the positive view on the menopause of Shari Lieberman, so different from the way doctors in Switzerland view it. Here they label you as old (even though at 54 I still look quite young) and try to convince you to just learn to live with whatever complaints you have. My view is the opposite.... No one will stay young forever but if we can grow old gracefully and feeling great the better! I believe in correcting little problems rather than letting them grow into big ones and then need drastic solutions! The chapter on Attitude and Emotions during the menopause is also very interesting and informing. This book is well rounded because it takes the emotional side into account as well as the physical side, diet, supplements and natural HRT. The author gives a lot of information about hormones and their role in a woman's body. Most of all she talks not only about scientific research, which often

means very little as many of it is not well set up but also about years of experience in treating women. Things I can't agree with are her fear of saturated fats but then this book was published in 2000, things are changing now. Saturated fats are not at all a problem to your health (read *Â Fat and Cholesterol are Good for You*). Her concept of Good and Bad Cholesterol is also outdated. All cholesterol is needed and lowering it too much can lead to serious problems! She also fills pages with useless bits of information like telling you what she talked about in the past chapters and what will come later which I find rather irritating. There are a few repetitions which are not really necessary. Other than that and a few typos it is a well written book. As far as soy products go I need to read more on the subject but I don't think that they are a good idea, not unfermented soy. She advises eating flaxseeds, so did an acupuncturist I visited, but they forget to warn people about phytates which seem to leach some needed minerals out of the body, although research now seems to point out they might be good in prevented osteoporosis. Very confusing! She doesn't seem to know about the theory that actually a diet based on the right fats and protein, low on carbohydrates (she advises the contrary) might be a good thing (read *Â Trick And Treat - how 'healthy eating' is making us ill*). People getting fat because they eat fat.... I don't think so..... fat can even help people lose fat! Again.... read *Trick and Treat* or any other book on the subject! She is not much on seeds and nuts but I thought that they were quite healthy.... again confusing but she points out the dangers of Hydrogenated fats which are a real problem in our diet! She advises eating fat fish, like salmon and especially farmed fish without taking into account that most farmed fish nowadays doesn't seem to be good for consumption (read *Â Great Food Gamble!*). And no, after all protein doesn't seem to cause cardiovascular disease or be bad for the kidneys. The bits about the servings were a bit unnecessary, she goes on and on about it but I can hardly believe people will remember all that or even need it! Eating should also be fun, not only about what and how much! After all what is a serving exactly? It seems like the modern politically correct crap no one knows what it is about! And after all we are all different, different weights, ages, sex, heights.... we can't all eat the same! Exercise is very necessary nowadays and she calls attention for its drawbacks which I know all too well. I have just had an operation on a tendon on my left arm which I ruptured while exercising in the swimming pool. After 5 weeks I am still in a lot of pain meaning.... the risks are very real, although I always tried to be sensible and was by no means a fanatic! I went to a new doctor yesterday and I took this book with me in case I needed to clarify some matters. He didn't like the fact that I am getting information from books but then... I didn't like him so I won't be seeing him again and have already interviewed a new one on the phone whom I will be seeing next week (now I don't bother to go for an appointment anymore without knowing more about the doctor

otherwise it is a waste of time and money). I will be reviewing the other books I bought as soon as I have read them but this one is a good starting point! Be positive.... We are all getting older, not just us women in the menopause but we have a lot to give and we can still be gorgeous women for many years! When I visit my new doctor the first thing I will mention is that calling me old is not an option! If he does I am out of there!

I read your book when it first came out. My Mom was using hormone replacement therapy (HRT). I tried to talk her out of it, based on the warnings in your book, but she wanted to follow the advice of her conventional doctor. This was scary, because I know one woman who used HRT and died of uterine cancer-exactly what you said might happen. Now (July, 2002) the newspapers have been filled with vindication of your book's viewpoints on HRT. Boy, has my mother become interested in what you have to say! I hope that lots of women will buy your book to find out about healthy alternatives to HRT and other great tips on handling menopause.

Pretty good book. I've had menopause for 5 years now. I've actually found something that really works though. I've created a website to help educate other women. Search for "Put a Pause in Menopause". I was so excited about the product that I couldn't contain myself. It truly changed my life. I have tried all the herbs, oils, etc. and many do help for awhile but eventually they seem to 'wear off' and hot flashes return, night sweats, etc. Check out [...]

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Type? The Revolutionary Program to Restore Balance and reduce Discomforts of Menopause The Perfect Menopause: 7 Steps to the Best Time of Your Life [ THE PERFECT MENOPAUSE: 7 STEPS TO THE BEST TIME OF YOUR LIFE ] by Hess, Henry M. ( Author ) May-01-2008 Paperback The Natural Menopause Handbook: Herbs, Nutrition, & Other Natural Therapies How to Get A Bigger Butt In 10 Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Homemade Repellents, Natural ... Homesteading, How to Get Rid of Bed Bugs) Enlarged Prostate Solutions: Natural Solutions for Prostate Health without Drugs or Surgery Natural Solutions for Cleaning & Wellness: Health Remedies and Green Cleaning Solutions Without Toxins or Chemicals

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