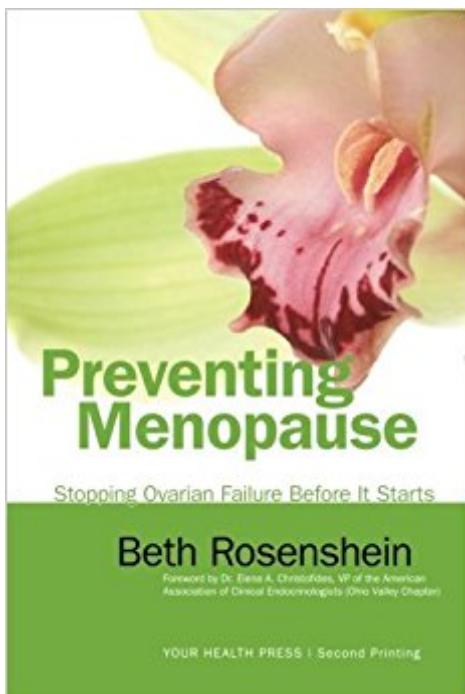


The book was found

# Preventing Menopause: Stopping Ovarian Failure Before It Starts



## Synopsis

MENOPAUSE: WHY IT'S THE BIGGEST HEALTH RISK WOMEN FACE Ovaries are only needed for childbearing, right? Wrong! The truth is, the ovaries have many functions vital to a woman's health, including an integral role in sexual satisfaction, quality of sleep, overall mood, and protection from breast cancer, colon cancer, and heart disease. When ovaries run out of eggs and fail, which is what happens at menopause, women's bodies are left far more vulnerable to these diseases, with significantly reduced sexual function. The information needed to prevent or delay menopause for at least thirty years, thus improving our sex lives and overall health as we age, has been available, but no one's told us about it. Until now. In her groundbreaking book, *Preventing Menopause: Stopping Ovarian Failure Before It Starts*, Beth Rosenshein explains how you can safely make menopause an optional phase of life. Working together with your doctor, and using the newest and most appropriate hormonal therapy, you can prolong ovarian function and maintain good health. Not only will this program provide birth control, but it will keep your sex drive alive too. One thing is for sure: this is not your mother's Hormone Replacement Therapy! For more information go to [www.preventingmenopause.com](http://www.preventingmenopause.com).

PRAISE FOR PREVENTING MENOPAUSE "I hope women and their loved ones use the information in this book to help them make a reasoned, informed plan that will address what is happening to them in this often difficult time." • Dr. Elena A. Christofides, Endocrinologist (from the Foreword) "Beth Rosenshein continues to work hard to further clarify the poorly understood area of ovarian function. Her tireless research raises excellent questions about the effectiveness of our current medical options. It is a big step forward toward addressing questions that will help us customize care in order to achieve better quality of life for women in the second half of their lives." • Dr. Scott Eberly, Internal Medicine, Bellevue, WA "Preventing Menopause opens up several new doors in the exploration of women's health. It offers women more choices in how they want to experience menopause. I highly recommend this book to those who are experiencing pre and menopausal related symptoms." • Libby Yuskaitis, RN, BSN

## Book Information

Paperback: 106 pages

Publisher: Your Health Press (February 23, 2013)

Language: English

ISBN-10: 0988946009

ISBN-13: 978-0988946002

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,076,999 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Women's Health > Menopause #2562 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

Beth Rosenshein is an electrical/bio-medical engineer and is very familiar with medical research. She holds two United States patents, one for a unique design of a vaginal speculum, and one for a clever urinary collection device specifically designed for women. Beth discovered and documented an important drug interaction between esomeprazole (Nexium®) and testosterone. Her findings were published in a case study in The American Journal of the Medical Sciences in May 2004. She petitioned the FDA in August 2003 to change the labeling on hormone products. The petition was granted in September 2004. Beth is also a wife and mother and lives in Boulder, Colorado.

Informative.

[Download to continue reading...](#)

Preventing Menopause: Stopping Ovarian Failure Before It Starts Ovarian Cysts and PCOS Miracle: How to Cure Ovarian Cysts and PCOS Naturally! IV Starts: Up-to-date Guide on Quickly Mastering IV Starts for Nurses and Paramedics (UPDATED FOR 2016) Saving Your Marriage Before It Starts Workbook for Men Updated: Seven Questions to Ask Before---and After---You Marry Saving Your Marriage Before It Starts Workbook for Women Updated: Seven Questions to Ask Before---and After---You Marry Saving Your Marriage Before It Starts: Seven Questions to Ask Before -- and After -- You Marry Preventing the Emotional Abuse and Neglect of People with Intellectual Disability: Stopping Insult and Injury The Change Before the Change: Everything You Need to Know to Stay Healthy in the Decade Before Menopause The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause What's Your Menopause Type? The Revolutionary Program to Restore Balance and reduce Discomforts of Menopause The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013) 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

Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions

Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart

Disease: [ A Holistic Approach to Preventing & Curing Heart Disease ] (Mudra Healing Book 8) Your Life in Your Hands: Understand, Prevent and Overcome Breast Cancer and Ovarian Cancer

Cancer Doesn't Always Win: A Comprehensive Guide to Beating Breast & Ovarian Cancer Program 120

Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females)

AVASTIN (Bevacizumab): Treats Cancer, including Colorectal, Lung, Glioblastoma, Kidney, Cervical, and Ovarian Cancer Ovarian-Adrenal-Thyroid Axis Imbalance: Why Your Thyroid Medications May Not Be Working (Dr. Lam's Adrenal Recovery Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)