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**A Woman's**

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**Physical And**

**Emotional**

**Health During**

**The Transitional**

**Period**

**Emotional**

**Health**

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# **During The Transitiona l Decade**

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Decade

**How menopause  
affects the brain**

**| Lisa Mosconi**

*Women's Wellness:*

*Page 6/47*

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*Perimenopause -  
What the Heck is  
Happening to My  
Body?*

---

How to know if it's  
perimenopause.  
Perimenopause  
symptoms.

(Women in midlife)

**What is  
Perimenopause?  
Menopause  
Symptoms and  
Latest**

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**Treatments** Which

Type of Fast is Best

for Perimenopausal

Women Autumn

Woman Harvest

Queen --

Menopause -- Peri

Menopause

Suzanne Somers:

Prevailing

Perimenopause

**PERIMENOPAUSE**

| **how to be your**

*Page 8/47*



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**own advocate**

Fasting Benefits

For Peri \u0026

Menopausal

Women | for

Today's Aging

Woman

---

Why Menopausal

Woman Have

Trouble Losing

Weight

---

Menopause and

Perimenopause

with Dr. Christiane

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Northrup M.D. *How*

*Deal With*

*Perimenopause*

*Symptoms | Weight*

*Gain and Weight*

*Loss Intermittent*

*Fasting, Women*

*\u0026 Menopause*

*| for Today's Aging*

*Woman My*

**Perimenopause**

**Symptoms** *How to*

*keep things normal*

*down there after*

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~~menopause! When~~

~~and why to use~~

~~vaginal estrogen~~

~~products. You're~~

~~not crazy, it may~~

~~be perimenopause!~~

~~Anxiety, tired, bad~~

~~sleep, night sweats~~

~~Natural Treatments~~

~~for Menopause~~

~~POST~~

~~MENOPAUSAL? 5~~

~~Strategies to Help~~

~~You With Your~~

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*Postmenopause*  
*Symptoms* **Sudden**  
**Flabby Thighs**  
**\u0026 Butt in**  
**Menopause and**  
**Perimenopause -**  
**Dr. Berg**

---

8 Surprising Signs  
and Symptoms of  
Perimenopause  
Nobody Talks  
About Pre  
Menopause  
Symptoms | Signs

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Power Of

And Symptoms Of

Menopause |

Postmenopausal

Symptoms **7**

**Different Types**

**of Fasting \u0026**

**When To Use**

**Them** *Davina*

*McCall Opens Up*

*About Her*

*'Nightmare'*

*Perimenopause*

*Symptoms | Loose*

*Women*

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Power Of

*Perimenopause*

*Symptoms and Age*

*- Women's Health -*

*with Victoria Felkar*

*Menopausal*

*Women Rule The*

*World! - 4 Your*

*Health During*

*Transition What to*

*Expect During*

*Perimenopause*

---

Menopause,

Perimenopause,

Symptoms and

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Management, Perimenopause  
Animation.

---

Why do  
Menopausal

Women need carbs  
in their diet?

---

Menopause is  
Misunderstood |

Shirley Weir | TEDx|

Gastown Women

Power Of

Perimenopause A

Womans

The Power of

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Perimenopause

explains how  
symptoms such as

irregular cycles,

night sweats and

insomnia,

decreased libido,

memory lapses,

and mood swings

can be traced to

fluctuating

hormones. It gives

detailed

recommendations



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on how to use both  
conventional and  
alternative  
approaches to  
lessen symptoms,  
including the most  
up-to-date  
research and new  
treatments.

~~The Power of  
Perimenopause : A  
Woman's Guide to  
Physical ...~~

*Page 17/47*

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The Power of

Perimenopause: A

Woman's Guide to

Physical and

Emotional Health

During the

Transitional

Decade Paperback

- April 27, 1999 by

Stephanie Bender

(Author) 3.4 out of

5 stars 12 ratings

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# Read Online Power Of Perimenopause

~~The Power of  
A woman's  
Perimenopause: A  
Guide To  
Woman's Guide to  
Physical ...~~

Given the range of  
women's  
Emotional  
Health During  
The Transitional  
Decade  
experience of  
perimenopause, it's  
unlikely that  
symptoms depend  
on hormonal  
fluctuations alone.  
Hot flashes and

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night sweats. An

estimated

35%-50% of

perimenopausal

women suffer

sudden waves of

body heat with

sweating and

flushing that last

5-10 minutes,

often at night as

well as during the

day.

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~~Perimenopause:~~

~~Rocky road to~~

~~menopause—~~

~~Harvard Health~~

~~Limiting~~

~~childbearing to~~

~~younger women,~~

~~whose offspring~~

~~could be cared for~~

~~by older women,~~

~~enabled the~~

~~species to bounce~~

~~back from an~~

~~epidemic or a~~

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crisis: Those fertile  
women could  
reproduce ...

Guide To

~~The Secret Power  
of Menopause - The  
Atlantic~~

The Secret Power  
of Menopause - The  
Atlantic A Womans  
Guide To

Menopause

Perimenopause A  
Womans Guide To

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Perimenopause by

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S Guide To

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Power Of

Perimenopause A

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Physical And ...

Health During  
A Womans Guide

To Menopause  
The Transitional

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A Womens  
PDF Books A  
Womans Guide To  
Menopause And  
Perimenopause  
Free ...

The big surprise for many women in their 40s and the years leading up to menopause — a period of time also known as

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perimenopause—is

that the symptoms

usually associated

with menopause

can strike much

sooner, wreaking

physical, mental

and emotional

havoc on women's

lives.

Unfortunately,

many women with

perimenopausal

symptoms are

Read Online

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unaware of what's  
happening in their  
bodies.

Guide To

~~Blog — Physical And~~

~~Perimenopause~~

~~(and how to~~

~~survive your~~

~~midlife ...~~

More enlightened

women who are

familiar with

“perimenopause”

too often think of it

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only in terms of hot flashes, night sweats, menstrual changes, and some occasional mood swings. The majority of women, including those who are very well informed, are frequently shocked to learn how global the effect hormonal changes can make

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on depression, perimenopause

anxiety, and

overall life

satisfaction.

Physical And

~~Perimenopause~~

~~The Untold Story~~

~~BUSINESSWoman~~

~~The Transitional~~

Women who are

starting

perimenopause

and/or going

through the last

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two stages may

find that their sex

drive has

decreased. This

makes sense

because a lot of

the desire for sex

comes from the

natural instinct to

reproduce [5] but

with decreased

ovulations or

anovulation,

reproduction

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A Woman's  
~~12 Menopause~~  
~~Guide To~~  
~~Symptoms Most~~  
~~Women Ignore~~

Note: Often,  
Emotional  
conditions women  
Health During  
had prior to  
The Transitional  
entering  
perimenopause  
Decade  
become

exaggerated  
(worse) during the  
menopause



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transition. 24.

Increase in  
allergies. Note:

Many women who  
suffer from

allergies develop  
worse allergies

during the  
menopausal years.

Many women  
who've never had

allergy or  
respiratory  
problems may

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develop them for  
the first time.

The 34 Symptoms  
of Menopause

Power Surge |  
Support for Women  
Women start

perimenopause at  
different ages. You  
may notice signs of  
progression toward  
menopause, such  
as menstrual

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irregularity, perimenopause

sometime in your

40s. But some

women notice

changes as early

as their mid-30s.

The level of

estrogen — the

main female

hormone — in your

body rises and falls

unevenly during

perimenopause.

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~~Perimenopause~~

~~Symptoms and~~

~~causes — Mayo~~

~~Clinic~~

Perimenopause is

considered a

precursor to

menopause. This

phase can last

years before your

period ceases for

good. Although the

length of time

women spend in

Read Online

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this transitional  
phase varies, the...

A woman's

Guide To

Perimenopause

Diet: Know the  
Facts

Women may go 10  
or 11 months

without a period,  
then have a period.

We call that "peri-  
menopausal." Once  
women have

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Achieved Menopause

Menopause, they are considered Post-Menopausal. In the USA, the average age of menopause is 51. Despite women's shorter lifespan throughout history, age 51 has remained the average age of menopause for the past 300 years.

# Read Online Power Of Perimenopause

~~The Power of  
A woman's  
Menopause |  
Guide To  
Women's Birth &  
Wellness Center~~

Women face  
potential bone and  
heart health

challenges as  
estrogen  
production

plummets leading  
up to, throughout,  
and following

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Perimenopause

For the 1% of women who go through

menopause early

(before 40), years

of lost estrogen

lead to

osteoporosis, bone

fractures, and

ischemic disease,

where plaque

builds up in vessels

and restricts blood

flow.



# Read Online Power Of Perimenopause

~~Getting Ahead of  
Menopause~~

~~Women's Running~~

~~Perimenopause~~

refers to the time  
leading up to  
menopause, when

women start

experiencing

fluctuations in

ovarian functions

and menstrual

cycles, but haven't

Read Online

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yet gone a full 12  
months without a...

What is

Perimenopause?

Symptoms, Age,  
Treatment, and  
How ...

Early menopause

means no more  
periods and

cramps. I have life  
hacks to deal with  
hot flashes and

Read Online

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weight gain — and they come with a new lease on life.

... Opinion Aging is a woman's secret power ....

~~Early menopause at 46 was a surprise. Now I realize it was ...~~

The constant change of hormone levels during this

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time can have a

troubling effect on

emotions, leaving

some women to

feel irritable and

even depressed. ...

Your Brain on

Menopause.

The Transitional

Menopause and

Your Brain:

Hormones,

Emotions, and

More

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It could cause

fatigue. If you have

fibromyalgia,

perimenopause

could cause

worsening joint

aches," Pinkerton

says. Oh, and then

there's the

potential for

irritability and

sleep disruption ...

~~No One Talks About~~

*Page 45/47*

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~~Perimenopause~~ It's  
Time to Change  
That

Perimenopause,  
defined as the shift  
between years  
your body can  
reproduce and  
those it can't,  
starts around the  
late 30s to mid-40s  
and signs of  
perimenopause can  
last as long as a

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decade or more.  
A Womans  
Guide To  
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991289066eee3e  
Health During  
The Transitional  
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