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**How menopause affects the**

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**Women's | Lisa Mosconi** *Women's  
Wellness: Perimenopause -  
What the Heck is Happening  
to My Body?*

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How to know if it's  
perimenopause. Perimenopause  
symptoms. (Women in midlife)

**What is Perimenopause?**

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**Menopause Symptoms and**

**Latest Treatments** Which Type

of Fast is Best for

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Woman Harvest Queen --

Menopause -- Peri Menopause

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Perimenopause **PERIMENOPAUSE**

| **how to be your own  
advocate** Fasting Benefits  
For Peri \u0026 Menopausal  
Women | for Today's Aging  
Woman

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Why Menopausal Woman Have  
Trouble Losing Weight

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~~to keep things normal down  
there after menopause! When  
and why to use vaginal  
estrogen products.~~ You're  
not crazy, it may be  
perimenopause! Anxiety,  
tired, bad sleep, night

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sweats Natural Treatments

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*MENOPAUSAL? 5 Strategies to  
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**Sudden Flabby Thighs \u0026**

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Symptoms and Age - Women's  
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Felkar Menopausal Women Rule  
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*Perimenopause Transition  
What to Expect During  
Perimenopause*

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Menopause, Perimenopause,  
Symptoms and Management,  
Animation.

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Why do Menopausal Women need  
carbs in their diet?

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Menopause is Misunderstood |  
Shirley Weir |  
TEDxGastownWomenPowerOf  
Perimenopause A Womans

The Power of Perimenopause  
explains how symptoms such  
as irregular cycles, night  
sweats and insomnia,



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decreased libido, memory lapses, and mood swings can be traced to fluctuating hormones. It gives detailed recommendations on how to use both conventional and alternative approaches to lessen symptoms, including

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the most up-to-date research  
and new treatments.

~~The Power of Perimenopause :  
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Paperback - April 27, 1999

by Stephanie Bender (Author)

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

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Given the range of women's  
experience of perimenopause,  
it's unlikely that symptoms  
depend on hormonal  
fluctuations alone. Hot

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flashes and 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  
And Emotional Health  
menopause — Harvard Health~~

Limiting childbearing to  
Decade women, whose  
offspring could be cared for  
by older women, enabled the  
species to bounce back from

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an epidemic or a crisis:  
Those fertile women could  
reproduce . . .

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# Download File PDF Power Of Perimenopause A Womans Guide To Physical And Emotional Health During The Transitional Decade

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

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with menopause can strike much sooner, wreaking physical, mental and emotional havoc on women's lives. Unfortunately, many women with perimenopausal symptoms are unaware of what's happening in their

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bodies. **Women's Guide To Physical  
And Emotional Health**  
~~Blog — Perimenopause (and  
how to survive your midlife  
Decade~~

More enlightened women who  
are familiar with  
"perimenopause" too often

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think of it 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

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the effect hormonal changes  
can make on depression,  
anxiety, and overall life  
satisfaction.

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~~Perimenopause — The Untold  
Story — BUSINESSWoman ...~~

Women who are starting



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perimenopause and/or going through the last 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

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Decreased ovulations or  
anovulation, reproduction  
ceases.

## During The Transitional

~~12-Decade Menopause Symptoms Most  
Women Ignore~~

Note: Often, conditions  
women had prior to entering

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perimenopause become  
exaggerated (worse) during  
the menopause transition.

24. Increase in allergies.

**Note:** Many women who suffer  
from allergies develop worse  
allergies during the  
menopausal years. Many women

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who've never had allergy or respiratory problems may develop them for the first time.

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~~The 34 Symptoms of Menopause  
— Power Surge | Support for  
Women~~

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Women start perimenopause at different ages. You may notice signs of progression toward menopause, such as menstrual irregularity, sometime in your 40s. But some women notice changes as early as their mid-30s. The

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level of estrogen – the main female hormone – in your body rises and falls unevenly during perimenopause.

~~Perimenopause – Symptoms and causes – Mayo Clinic~~

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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 this transitional phase varies, the...

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~~The 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  
achieved Menopause, they are



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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.

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~~And Emotional Health~~  
~~Women's Birth & Wellness~~  
~~Center~~  
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Decade  
Women face potential bone  
and heart health challenges  
as estrogen production  
plummets leading up to,

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throughout, and following  
menopause. For the 1% of  
women who go through  
menopause early (before 40),  
Decade of lost estrogen lead  
to osteoporosis, bone  
fractures, and ischemic  
disease, where plaque builds

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up in vessels and restricts  
blood flow.

~~Getting Ahead of Menopause —  
Women's Running~~

Perimenopause refers to the  
time leading up to  
menopause, when women start

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Experiencing fluctuations in  
ovarian functions and  
menstrual cycles, but  
haven't yet gone a full 12  
months without a...

~~What is Perimenopause?~~

~~Symptoms, Age, Treatment,~~

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Early menopause means no  
more periods and cramps. I  
have life hacks to deal with  
hot flashes and weight gain  
– and they come with a new  
lease on life. . . . Opinion  
Aging is a woman's secret

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Womans Guide To Physical  
And Emotional Health  
Early menopause at 46 was a  
surprise. Now I realize it  
was . . .  
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The constant change of  
hormone levels during this  
time can have a troubling

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effect on emotions, leaving  
some women to feel irritable  
and even depressed. ... Your  
Brain on Menopause.

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~~Menopause and Your Brain:  
Hormones, Emotions, and More~~  
It could cause fatigue. If



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you have fibromyalgia, perimenopause could cause worsening joint aches," Pinkerton says. Oh, and then there's the potential for irritability and sleep disruption ...

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~~No One Talks About  
Perimenopause It's Time to  
Change That~~

Perimenopause, defined as  
the decade between years your  
body can reproduce and those  
it can't, starts around the  
late 30s to mid-40s and

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signs of perimenopause can  
last as long as a decade or  
more.

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