THE MENOPAUSE BOOK



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This book or one similar should be handed out to women by their gynecologists when menopause, perimenopause and hysterectomies become an issue. Why? Because doctor's can't seem to talk to their patients about menopause. There seems to be a disconnect. I had a hysterectomy and the doctor really didn't say much about what to expect, etc.

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Menopause Woman Be Unstoppable

My website, Menopause Woman and the book are for women who want to understand the hormonal changes in their body as they progress from perimenopause to menopause and beyond. It includes my personal journey, how I dealt with doctors, hormone and menopause specialists and what happened when I discovered Restorative Medicine.

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