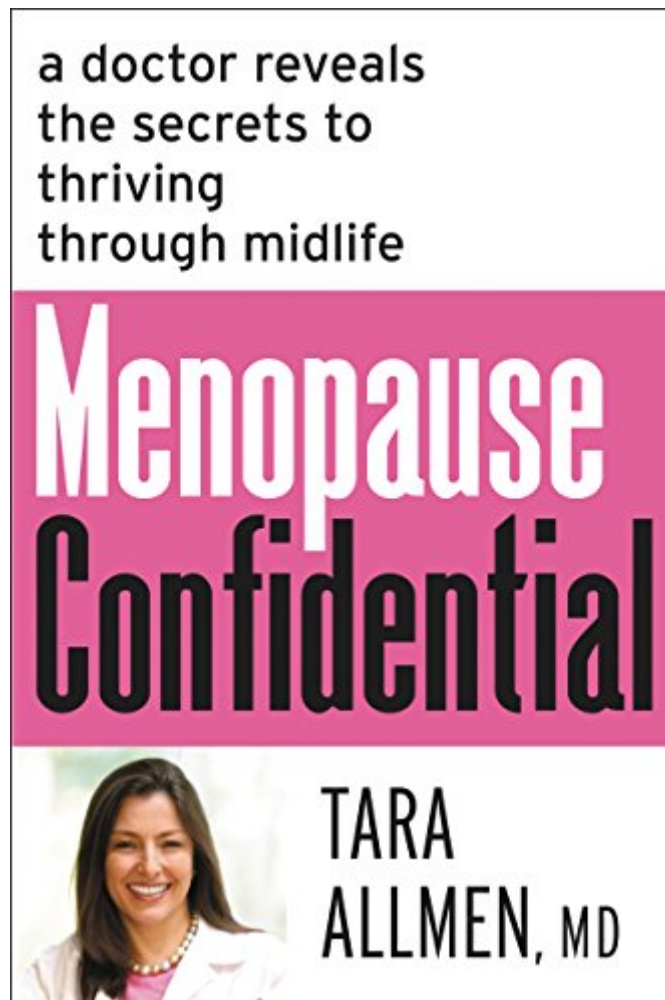




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# Menopause Confidential: A Doctor Reveals The Secrets To Thriving Through Midlife



## Synopsis

An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field. The physical changes that occur after women turn 40 are unavoidable—and can be unnerving. Menopause affects every aspect of life—from sex and sleep to mood and mental clarity to weight and body temperature. While there are a number of resources available, many are confusing and contradictory. Now, Manhattan gynecologist Dr. Tara Allmen, an experienced, nationally board-certified menopause practitioner and the recipient of the 2015 Doctor's Choice National Award for Obstetrics & Gynecology, shares her knowledge to help women be their happiest and healthiest, and turn this challenging time into an exciting one. Written in her effervescent yet assured voice, *Menopause Confidential* provides simple strategies and cutting-edge information on: hormonal changes and the symptoms of perimenopause and menopause; the health risks associated with midlife—from cutting through the conflicting opinions and advice about health screenings (Do I really need a colonoscopy? How often should I get a mammogram?) to common medical conditions, such as osteoporosis; various remedies, both allopathic and natural, to combat symptoms and empower women to make the best choices for their individual needs; practical tips and resources for mitigating the effects of menopause. Fifty-one-year-old Dr. Allmen knows firsthand what women are going through, and shares stories of her own personal travails and solutions. Women can't turn back the clock, but they can take control of their health and flourish in midlife. *Menopause Confidential* encourages them to be informed, be proactive, and be their greatest selves.

## Book Information

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## Customer Reviews

This is a Hilarious MUST Read (for the 40+ crowd!) Dr. Tara Allmen demystifies all the mid-life hormonal medical mumbo jumbo - and gives it to you straight - she fills you in on all the fun little secrets no one bothered to warn you about that hit you mid-life - but then helps you navigate thru them- so you're not feeling defeated!!!! She is AMAZING in person - and the book reads like she's right there with you - in her witty, no nonsense, cut to the chase, not gonna waste your time fashion! She gives you all the info for, as she aptly puts it "what to expect when your not expecting!!!" Admittedly I just received my copy last night and am only half way thru, but just had to post this 5 STAR review! I'll follow-up when I finish it! - then I'll pass it on to my husband - as anyone living with a 40+ woman should also be clued in on what Dr. Allmen has to say!!!!Thank you so much Dr. Allmen for getting all this info out to all of us!!!

I don't know why I waited so long to read this book. Dr A. is "my favorite" gynecologist. She is upbeat, makes my annual exams interesting and informative and takes the time to evaluate my entire body and lifestyle each year in a way that makes me feel positive and confident. So I am not surprised that once I started reading her book, I got hooked in and didn't want to put it down. Doctor Allmen is a great doctor, but who knew she could write about doctorly things in such an entertaining and engaging way. You will feel like you know her, (or if not at least you might want to meet her), through her unique writing voice. I recommend her book if you want answers to the questions that you might have but would never dare to ask. Answers you can understand with her special brand of humor infused bluntness. She will kill you with puns and there were quite a few times I laughed out loud. I'm thinking she might have a future as a stand-up comedienne. All jokes aside, there's a lot of important information in this book that we girlz over 50 need to know. (Like the benefit of HRT for our heart and bone health.)

This woman SAVED me!!! If you are having ANY menopausal symptoms, this is the book for you!!!!...it will truly change everything we've been led to believe by mainstream media. I suffered for over four years with 20-30 severe hot flashes a day...to the point that at times I felt like I was going to have a breakdown (everything I did triggered them) and then I found Dr Allmen...Thank God!! If you can't get to see this wonderful, revolutionary doctor in NYC, then you need to buy this book and I am sure if you are her patient, like I am, you bought it as soon as it came out. She not only helped me with my menopausal symptoms, but she has THE BEST PREP for a colonoscopy that I have ever taken...leave it to Dr Allmen to figure out how to make that necessary but horrible prep more pleasant and I got an A+ from my GI dr (even though I did not use the one he prescribed). She also addressed the urinary symptoms we begin to face, bone health, heart health...She really is a doctor who addresses ALL of the body and not just her specialty...the world needs more doctors like her!!!!This book is such a quick read (not a bible!) and a great reference for many of the problems we face during this difficult period of a woman's life. THANK YOU DR ALLMEN!!! You have know idea how much you have done for me and my husband ') !!

I consider myself one of the lucky ones, I relocated to NYC last year and my biggest fear was to find a GYN who could help me through menopause as I had in Baltimore, MD. I was referred to Dr. Allmen. From my very first encounter, a phone call to meeting her in her office and then buying her book has been the best thing that has happened to me. When I left her office, I was in tears; so happy and relieved she knew exactly what I was going through. I followed her verbal orders in the office, but bought the book to get the rest of the goodies to get me through my menopause process. I have recommended to my family and friends, it is a MUST read for all women. there were times while reading the book, I was laughing out loud. I have been following Dr. Allmen's advice for almost 1 year, I feel great, I am losing weight, mentally clearer. I am so, so thankful for being able to meet Dr. Allman and now have my bible to get me through menopause. Thank you Dr. Allmen!!!

Thank you Dr Allmen! I just started suffering with menopausal symptoms in the last 2 months, I have been telling family and friends that no one ever explains to us women what peri-menopause and menopause is or what to expect...this book explains EVERYTHING women need to know. Dr. Allmen is very knowledgeable and has wit and humor to make this book an easy read. It is hard to put down because you are anxious for information you will learn in the next chapter. I have been suffering so with my symptoms that I reached out to her as she invites every one to do at the end of

her book. Guess what!! She personally responded to me and gave me her recommendation for a plan I discussed with my doctor!! Like I said, she is amazing! I have been telling friends and family about her and her book and you will too!! It is a great gift idea too!

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