



Before the Change: Taking Charge of Your Perimenopause

Ann Louise Gittleman

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From a renowned nutritionist and author of the bestselling *Fat Flush Plan* comes a revised and updated edition of the popular alternative guide for taking charge of your perimenopause, filled with up-to-date research, including the latest information on Hormone Replacement Therapy, mood swings, weight gain, and nutrition for women thirty-five and older.

Before the Change offers a gentle, proven, incremental program for understanding your body's changes and controlling your symptoms during perimenopause—the period of about ten years leading up to menopause—to help you feel great through this vital phase of life. Inside you'll find:

A clear explanation of the symptoms of perimenopause and a self-diagnosis quiz; Safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs, and natural hormones; A guide to nutrition and healthy diet, with tips for foods that prevent and alleviate symptoms.

In addition, this revised and updated edition includes:

An expanded section on the pros and cons of soy as a natural phytoestrogen; An expanded discussion of hypothyroidism, its connection to hormonal imbalances, and the best natural treatments; A full analysis of HRT, including advice for safely weaning yourself off of synthetic hormones, and an overview of herbal, lifestyle, and diet options and modifications available for women who have had a hysterectomy, have risk factors or a history of breast cancer, osteoporosis, or heart disease.

With this essential do-it-yourself program, say good-bye to hormone havoc simply, safely, and naturally!

Before the Change: Taking Charge of Your Perimenopause Details

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From Reader Review Before the Change: Taking Charge of Your Perimenopause for online ebook

Stephany says

3.5 stars

K says

Sound information from a trusted source.

Recommended by my DO. Gittleman addresses the full range of perimenopause. There isn't a lot of information out there on perimenopause. I recommend starting here or anything by Dr Christiane Northrup.

Kristie J. says

Helpful guide to nutrition for women in perimenopause. A lot of the nutrition advice is similar to the author's other book *The Fat Flush*. *There was a lot of detail about various vitamins which got confusing to me toward the middle and end of the book. I found the first half of the book to be helpful, where the author gave an overview of perimenopause symptoms including examples from some of her clients.*

Aud says

It seems to me that Gittleman was ahead of her time with this book - but this edition is getting a bit old and could use some updating. A bit repetitive, but I found it interesting and I like her natural approach to managing symptoms. Perimenopause symptoms can start as early as age 35, and they definitely hit me by my late 30s. A lot of it had to do with thyroid issues, but I still haven't gotten to the bottom of all of it. So I'll try some of her recommendations like flaxseed oil and see if I notice a difference.

Stacey (wanderlustforwords) says

I tore through the book and it seemed to make a ton of sense, but for each symptom there were different herbs recommended and by the end of the book I got the feeling that I would spend all day just trying to figure out what I was supposed to be taking when. Great premise though, I just wish the advice was more streamlined.

Marianne says

No I don't need this but I am a planner so I wanted to get well prepared. My philosophy with the body is the more you know now about aging, the better you can make changes to today to help lessen the affects as you get older. This book is very comprehensive and after reading it I realized that my health issues at the time were not PM.

Sherry Elswick says

This was an excellent resource explaining how my body is shifting as I get older. It is jammed packed with advice on how to manage hormonal imbalance by diet, stress reduction, and other homeopathic remedies.

Sandra says

Being that I'm in perimenopause, I thought this book would be a good resource. There are good things in it: things that my doctor has suggested. However, there is a lot of stuff in here that's not scientifically or medically proven (i.e., diets tailored to blood type, etc.) that I couldn't agree with.

If you are into alternative medicine, this could be a good resource.

Carrie says

Dr. Gittleman takes a balanced and objective approach to alleviating peri-menopausal symptoms. She presents evidence against the "easy" approach, synthetic hormones, and offers information on bio identical hormones, types of hormone testing (a comprehensive approach), herbs, vitamins, foods to add and foods to avoid, all based upon symptoms, with a smattering of pages devoted to personality and blood type considerations. I'll be taking her book with me to my next doctors visits.

Brandi D'angelo says

Excellent book to have on hand if you are a woman in your 30's, 40's or 50's. Apparently some women sail thru this time of life without a hitch, but some of us can use some help. This book is that help. Go buy it now!

Shira says

Good to know information, particularly for women of color, as menopause hits earlier for us, and is not that different from PMS, but with a few more expensive oils and a lot more care of diet, exercise and stress management.

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Read, Write, Dream, Walk !

#PublicDomainInfrastructure
ShiraDest

4 May, 12018 HE

NK says

I had no idea. Like really had no idea. I am so shocked by what this book talks about that I am now more informed but also dismayed at what is happening & also yet to happen. I guess unless you are taking classes or studying about the body & what it does during menstruation, perimenopause & menopause, it is hard to understand it all. Thankfully this gives insight into the possible changes your body is going through & how to basically take care of your symptoms & yourself. This isn't something most women take about in conversation while having drinks, or maybe it is. I certainly don't expect to have this conversation w/ my mother though, that's for sure. I guess the only thing left is to discuss w/ your doctor (ob/gyn) to get the low down. This book takes mostly about nutrition & that is really super important since most people don't bother paying attention to it. Knowing what your body needs is obviously different for everyone so it's important to determine to see what you can do to make this transitions easier. It does sadden me to see my body change & not for the better but being addicted to sugar is bad & don't see how to stop it. This is something that all women should read so they can get clued in & do what is right for them.

Ladonda says

If you decide to read this book, keep in mind it was originally published in 1997. At this write up, that made it 20 years old. Considering the body is the body, and the way it functions does not change, 85% of the information in the book is still relevant, however, the studies she talks about probably have others by now that have replaced them. I'm sure there is more up to date information as it relates to all of that. When it comes to the vitamins, herbs, and lifestyle changes she suggests, I'm pretty sure those are timeless...eat whole food, exercise, meditate, take a quality multi vitamin, etc. Something I was a little disappointed in was the fact that she pushes her diet from another book a lot and she seems to be a fan of eating for your blood type and changing what you eat to alleviate symptoms. That's all well and good if I were looking for another diet, but in this case I wasn't. Oh, and on a side note, her serving size chart to go with the diet was a joke. No one....and I do mean no one, eats portions that size unless you are a child or have an eating disorder. I read this because I want to know how to minimize my night sweats and get rid of debilitating abdominal pain that showed up as a part of my cycle about 6 years ago that the doctors can't figure out. I do like how she bullet points the things that can be done to help ease the symptoms of perimenopause in a section at the back for easy reference and indicates you should try them in order until you find what works for you. I am going to take what I like and leave the rest. A good read overall. Educational and helpful.

Englandjennifer says

Some easy to do tidbits that sound like they will help decrease symptoms.

Jaymie says

Read a revised and updated version of this. Interesting information but it became overwhelming after awhile. I'm not sure I could manage every change and recommendation that she makes.
