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C. SUE FURMAN

# TURNING POINT



The Myths and  
Realities of  
Menopause

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# Turning Point: The Myths and Realities of Menopause

C. Sue Furman

The 13 million ladies now among the a while of forty-five and fifty-four have centred realization on menopause as an incredible health and wellbeing factor and tremendously elevated the call for for info in this as soon as taboo topic. In Turning Point, biologist and author, Sue Furman places menopause into standpoint as one of the hormone-driven occasions within the continuum of a women's actual and emotional growth. Furman takes an in depth examine the robust impression hormones have on a woman's life, from bone development and reminiscence functions, to occasionally even swaying a woman's collection of Mr. Right. She then appears to be like on the myriad indicators that could come up round the time of menopause, together with sizzling flashes, temper swings, migraine headaches, and palpitations, and explains precisely what's occurring while those signs take place and the way to relieve or focus on them. Finally, Furman discusses the professionals and cons of hormone substitute treatment (HRT) and the way basic way of life offerings like good-nutrition and reasonable workout could have an important impression at the menopause transition. Debunking the numerous myths and fears surrounding menopause by way of offering Turning Point: The Myths and Realities of Menopause girls with easy-to-grasp, trustworthy information, Turning aspect is helping ladies hold the peace of mind--and experience of humor--that could make menopause a fit adventure and make allowance girls to maneuver expectantly into the second one half life.

## Turning Point The Myths And Realities Of Menopause

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