

Womancode Perfect Your Cycle Amplify Your Fertility Supercharge Your Sex Drive And Become A Power Source

Finally, international author, PCOS expert and experienced clinician, Dr. Rebecca Harwin reveals the secrets to overcoming Polycystic Ovary Syndrome. Discover proven success methods and simple step-by-step, easy to follow strategies to achieve the success you've been dreaming of. Whether you suspect you have this condition, or have been suffering for years, if you've been searching for the pieces of the PCOS puzzle, then you've picked up the right book at the right time.

Moon Time shares a fully embodied understanding of your menstrual cycle. Full of practical insight, empowering resources, creative activities and passion, this book will put you back in touch with your body's wisdom. . Learn to live in flow with your female body . Find balance in your life and work through charting your cycle . Heal PMS naturally . Connect to your innate creativity . Create a red tent or moon lodge Whether you are coming off the Pill, wanting to understand your fertility, struggling with PMS, healing from womb issues, are coming back to your cycles after childbirth ... or just want a deeper understanding of your body. Moon Time is for you. With over 45 pages of additional material including: . Fertility charting . Creating ceremonies: menarche, mother blessing, menopause Moon phases . Expanded and fully-updated resource section.

Everything you need to know to live in sync with your menstrual cycle. We're taught not to discuss periods in public. Society doesn't celebrate the menstrual cycle. Instead we say it's 'that time of the month' when 'Aunt Flo is visiting' and we've 'got the painters in'. But the truth is that it can be bloody hard living in a body that bleeds once a month. Have you ever stuffed a tampon up your sleeve on your way to the office bathroom? Avoided eye contact with the cashier as you paid for your sanitary pads? Felt overwhelmed, exhausted and annoyed by your hormones? Well, you are not alone. It's time we started speaking up about our menstrual cycles, and now everyone's friendly neighbourhood period coach, Claire Baker, is here to start the conversation!

The Empowerment Cycle is about creating a movement for women to discover the power of the menstrual cycle, how it is connected to everything, and how to use it to get great results in all aspects of your life. Women have four phases in their menstrual cycle, each phase bringing with it different strengths that can assist women in reaching great results in all areas of their lives. It doesn't matter if it is in sport, career, or in relationships, the menstrual cycle impacts a woman's ability to perform, communicate and achieve whatever it is they desire. Simply by working with the female body instead of ignoring it or even worse, against it. Women have a powerful, unique internal tool. A woman's menstrual cycle impacts their life in many ways; relationships, energy levels, self-esteem

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attitudes, and physical changes. This book will help guide you to make better decisions, reach greater results and build genuine relationships in your life.

A practical guide to deepen and expand your orgasmic experience by yourself. Based on ancient Tantric teachings, modern sexology and tons of experience, *Orgasm Unleashed* is filled with inspiring ideas and powerful practices that will transform your sex life. It might even change your life.

Created by the expert hosts of the popular *Well-Fed Women Podcast*, a step-by-step food and fitness plan for women, that teaches them how to improve their health by changing the quality—not the quantity—of the food they eat. To eat your way to better health, you don't need to limit your calorie intake, or cut out carbs or fat. You don't need to count "points." Better health doesn't come from limits. It comes from focusing on the quality of food that you eat—not the quantity. Instead of limiting your food intake you should be enriching it, argue Noelle Tarr and Stefani Ruper. The popular hosts of the *Well-Fed Women Podcast* want you to focus on the good things you eat. They want to make sure you get enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know about eating for health firsthand. They, too, struggled with confusing and frustrating medical conditions, including infertility, digestive issues, acne, polycystic ovarian syndrome, hypothyroidism, and anemia. They discovered that the secret to improving wellness was actually more food: they ditched the diet books, calorie counters, and scales, and started eating their way to health. In *Coconuts and Kettlebells*, you'll eat at least 2,000 calories a day thanks to a delicious selection of dishes that are all gluten-free, grain-free, and paleo. Within those 2,000 calories, setting a minimum intakes of protein, fat, and carbohydrates instead of the usual maximums will ensure that your diet is full of nutrients, while also providing flexibility to enjoy what you're eating. Noelle and Stefani identify the Big Four foods—grains, dairy, vegetable oils, and refined sugar—that cause the most health problems among women. While many diets require you to eliminate these foods entirely, *Coconuts and Kettlebells* provides an easy-to-follow step-by-step program to test these foods and determine which you need to cut back on—and which you don't—to feel better. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for the Butter Lover (people who tend to feel more satisfied eating higher ratios of fats) and one for the Bread Lover (people who tend to feel more satisfied eating higher ratios of carbs). Each meal plan comes with a weekly shopping list, a guide to kitchen tools and equipment, and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you'll have access to over 75 gluten-free and paleo-friendly flavor-packed recipes (free of the Big Four foods) for every meal of the day, including: Coconut Chai Latte Kale and Bacon Breakfast Skillet Apple Pie Smoothie Thai Coconut Curry Shrimp Moroccan Lamb Meatballs Shrimp and Cabbage Stir Fry Parsnip and Carrot Fries Mango Jalapeno Salsa Chocolate Cherry Energy Bites Lemon Raspberry Mini Cheesecakes To go along with the

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meal plans, Noelle and Stefani also provide three 4-week fitness plans tailored to three experience levels: beginner, intermediate, and advanced. All of the workouts can be done anywhere—at your home or on the road—and take no more than thirty minutes. A comprehensive whole body program to get and keep you healthy inside and out, Coconuts and Kettlebells provides the knowledge and tools you need to heal in a way that is effortless, rewarding, confidence-boosting, and everlasting. Coconuts and Kettlebells is illustrated with color photos throughout.

Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

The hidden intelligence of hormones and their role in empowering women to succeed sexually, reproductively, and socially. Did you know women walk more, eat less, socialize more, meet more men, dance more, and flirt more when they're ovulating? Or that PMS may have evolved to get rid of boyfriends with unfit sperm? Behind the "fickle" differences in what women find sexy about men, or what they like to wear, there's a hidden adaptive intelligence that has been shaped over eons. In this provocative and paradigm-shattering book, Martie Haselton, the world's leading researcher on sexuality and the ovulation cycle, takes a deep, revealing look at the biological processes that so profoundly influence our behavior and sets forth a radical new understanding of women's bodies, minds, and sexual relationships, one that embraces hormonal cycles as adaptive solutions to genuine biological challenges. At the core of Haselton's new Darwinian feminism is her remarkable discovery that humans, like our animal cousins, possess a special phase of sexuality, called estrus, which comes with a host of physiological and behavioral changes. Rigorously researched, entertaining, and empowering, Hormonal offers women deep new insights into

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their bodies, brains, relationships, and affairs, allowing them to make better-informed choices about sex, marriage, friendship, contraception, and more. Above all, *Hormonal* is a clarion call to appreciate and embrace the genius of female biology.

Combines both eastern and western wellness strategies for balancing key hormones in one's body, with the ultimate goal of good health, in a book that also includes diet tips, stress-management techniques and natural sleep secrets.

Original. 15,000 first printing.

A comprehensive, plant-based lifestyle program to help women balance their hormones, increase energy, and reduce PMS symptoms. After struggling for years with acne, oily skin and hair, debilitating cramps, mood swings, brain fog, intense cravings, insomnia, bloating, and weight gain before her period, author and certified hormone specialist Shannon Leparski developed the Happy Hormone Method through extensive research. Her life changed for the better and Shannon made it her mission to combat hormone imbalance and promote women's health. *The Happy Hormone Guide* includes comprehensive, phase-specific (menstrual, follicular, ovulatory, and luteal) guidance including:

- Changes in fertility, libido, and basal body temperature
- Beneficial foods, micronutrients, and supplements
- Phase-specific recipes to support hormone balance (can also reduce symptoms associated with endometriosis)
- Common changes to mood and energy levels
- Exercise tips suitable to different times of the month
- Facial recipes, hair masks, and essential oil blends

Modern culture expects women to keep up with the same demanding daily routine, but women's cycles are anything but consistent. *The Happy Hormone Guide* explores the ebbs and flows of a woman's monthly cycle and provides a holistic view of the female hormone and endocrine system so that you can take control of your cycle and improve your quality of life.

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, *WomanCode* educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called *WomanCode* the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book *BEYOND THE PILL*, specializes in treating women's

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hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, **BEYOND THE PILL** is an actionable plan for taking control, and will help readers:

- Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone
- Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill
- Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood
- Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes

Featuring simple diet and lifestyle interventions, **BEYOND THE PILL** is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

We would like to share a wild idea with you. An idea that holds immense beauty. The essence of it is not new, by all accounts it is an ancient concept, but it has been forgotten. In our ever-changing world and with encyclopedias of knowledge at our fingertips, this wisdom has slipped through the fingers of collective consciousness. The idea is wonderful in its simplicity, life-changing in potential and is this: women are cyclical. A woman's body and mind experience regular biological changes every month and these cause very real shifts in energy, emotions, and even perspectives. Whether or not anyone is aware of this beautiful process, it is unfolding every day in the life of every woman. We invite you to let the **BLOOD** book take you on an inner journey of discovery as we explore the secret source of female power: a woman's cyclical nature. A deeper understanding of these forces will unlock superpowers you never thought possible and pave the way to a more balanced, authentic, fulfilling life.

The **Vagina Book** is an essential guide packed with invaluable information about sexual health that everybody should know, but might be too afraid to ask. With sections on anatomy, periods, hormones, sex, contraception, fertility, hair care, and so much more, this fun-to-read guide helps readers make healthy decisions for their bodies. Compelling personal essays from a diverse group of luminary figures—including Margaret Cho, Roxane Gay, and Blair Imani—are sprinkled throughout, enriching the pages with beauty, strength, and honesty.

- From **OB/GYN Dr. Jennifer Conti** and the team behind the beloved **Thinx** period products
- Dispenses with taboos and misinformation about vaginas and bodies
- Provides the latest health research in easy-to-digest entries

Advice includes yoga poses to help with PMS and cramping, a cheat sheet for making sense of contraception options, why you should care about your pelvic floor (plus easy strengthening exercises!), and the illustrated history of feminine hygiene products, from ancient Egypt through today. This groundbreaking guide is a perfect gift for every modern woman and a vital addition to every modern bookshelf.

- A must-have handbook for anyone with a vagina
- Presented in a luxe, cushioned case filled with more than a hundred vibrant illustrations
- Perfect unique gift for anyone who is passionate about sexual health, feminism, and learning more about their body, as well as readers of **Refinery29** and **GOOP**

Add it to the shelf with books like **Come as You Are: The Surprising New Science that Will Transform Your Sex Life** by Emily Nagoski PhD; **WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source** by Alisa Vitti; and **Pussy: A Reclamation** by Regena Thomashaue.

An essential exploration of why and how women's sexuality works—based on groundbreaking research and brain science—that will radically transform your sex life into one filled with confidence and joy. Researchers have spent the last decade trying to develop a “pink pill” for women to function like **Viagra** does for men. So where is it? Well, for reasons this book makes crystal clear, that pill will never be the answer—but as a result of the research that's gone into it, scientists in the last few years have learned more about how women's sexuality works than we ever thought possible, and **Come as You Are** explains it all. The first lesson in this

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essential, transformative book by Dr. Emily Nagoski is that every woman has her own unique sexuality, like a fingerprint, and that women vary more than men in our anatomy, our sexual response mechanisms, and the way our bodies respond to the sexual world. So we never need to judge ourselves based on others' experiences. Because women vary, and that's normal. Second lesson: sex happens in a context. And all the complications of everyday life influence the context surrounding a woman's arousal, desire, and orgasm. Cutting-edge research across multiple disciplines tells us that the most important factor for women in creating and sustaining a fulfilling sex life, is not what you do in bed or how you do it, but how you feel about it. Which means that stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. Once you understand these factors, and how to influence them, you can create for yourself better sex and more profound pleasure than you ever thought possible. And Emily Nagoski can prove it.

MENSTRUATION ISN'T JUST ABOUT HAVING BABIES Your menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. **The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility** brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle. In this book you'll learn: –What a normal cycle looks like; –The best way to chart your cycle and increase your fertility awareness; –How best to manage critical aspects of your health, including better sleep, exercise and a healthier diet; –Natural methods for managing period pain and PMS; –How to successfully avoid pregnancy without the pill; and –How to plan ahead if you do want to get pregnant. **The Fifth Vital Sign** aims to better connect women with their menstrual cycles, to break the myth that ovulation is only important when you're ready to have a baby. **READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY** Whether children are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. **ABOUT THE AUTHOR** Lisa Hendrickson-Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization.

“Nicole Jardim walks the talk, and I am confident that *Fix Your Period* will help ignite the hormone balance you are seeking and restore your vitality.” --Sara Gottfried, MD, New York Times bestselling author of *The Hormone Cure* A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women's health coach and co-host of the podcast *The Period Party*. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Messiness. No wonder we call it *The Curse!* For many, it's not just an inconvenience—it's a colossal life disruption, forcing them to miss work, school, appointments, or dates. We've been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim explains, periods aren't a nuisance, they're information. When you learn to decode your period (or lack thereof), you'll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim's proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim's *Fix Your Period* is essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS, Endometriosis, or fibroids—and for anyone who wants to take charge of her hormonal health—and regain control of her life—naturally.

A powerful, no-nonsense guide for women that provides them the keys to unlock a fulfilling life.

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Every woman lives by a code, whether she realizes it or not. It informs how she treats others and herself, how much she expects of herself, and how far she is willing to go in order to find success. But is the code we're living by truly helping us create the lives of purpose and fulfillment we desire? Or are we sacrificing the deeper things for mere achievement? In this inspiring book—updated with new insights from the profound economic and societal shifts that have changed our world with the advent of the global pandemic—Sophia A. Nelson calls women to live out a powerful life code that will lead them to purposeful and successful lives. With the wisdom that comes from experience, Nelson reveals to women: The true meaning of “having it all” How to take better care of their minds, bodies, and souls How to discover new reserves of strength The importance of having courageous conversations to build relationships How to achieve professional excellence without compromising their values How to find lasting love and purpose in life beyond their accomplishments How to navigate the sisterhood of women, to build collaboration rather than competition How to heal from past hurts, rejection, and life's inevitable storms The Woman Code is a way of living, of navigating life's challenges, and of interacting positively with other women. It's a way of pursuing our dreams and our deepest desires. It reveals a universal and timeless set of principles of the mind, body, and spirit that help women balance the demands of work, home, family, and friendship. The Woman Code not only calls on women to practice purpose in their lives, it shows them how to do it with grace.

28 Days is back with an all-new updated and expanded edition! Each daily Hormone Horoscope® shows you what to expect from your mood, energy, love life, shopping habits and much more every day of your menstrual cycle. It will immediately change the way you plan your day, week and month ahead. Written by Hormonology founder and women's health journalist Gabrielle Lichterman, 28 Days is the book that launched the growing cycle-syncing movement among women worldwide. Based on thousands of scientific studies, this book is the definitive guide to understanding how the hormones in your cycle impact you in virtually every way. If you enjoy the popular Hormone Horoscope Apps created by this author, you'll love the depth of information she gives about your hormones in her new edition of 28 Days. Plus, the book is full of study-backed tips that help make every day of your cycle better! What you'll learn in 28 Days: Which days of your cycle your mood will be up or down. When your energy will be high or low. When you'll be most interested in romance, socializing and traveling. Which cycle days you're less sensitive to pain. Study-backed ways to counter common cycle-related issues, such as fatigue, foginess, menstrual cramps, blue moods, anxiety and stress. How to sync all your life's daily activities--such as work, school, appointments, auditions, hobbies and trips--with your cycle. And much more!WHO THIS BOOK IS FOR: Those with healthy, regular menstrual cycles. (Your menstrual cycle can be the average 28 days, it can be shorter or longer than 28 days, or it can vary in length from cycle to cycle.) Those with a natural menstrual cycle. (This means those who do not use hormone birth control--such as the Pill, patch, ring or implant--or supplemental estrogen, progesterone or testosterone for other reasons.) That's because these types of hormone medications alter the up and down pattern found in a typical natural menstrual cycle. Because this book tracks the monthly ups and downs of estrogen, testosterone and progesterone in a natural, healthy menstrual cycle, it not intended for those who do not have a monthly menstrual cycle, are pregnant, breastfeeding, menopausal, taking hormone medications or hormone birth control, have a health condition that impacts reproductive hormones, such as polycystic ovarian syndrome, or do not have functioning ovaries. Have functioning ovaries, but no uterus?

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If you ovulate, you can still use 28 Days to track your hormones. This book is not intended in any way to help readers avoid pregnancy or become pregnant.

Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: * How to come off hormonal birth control * What your period should be like* What can go wrong * How to talk to your doctor * Treatment protocols for all common period problems, including PCOS and endometriosis The second edition contains insights from Professor Jerilynn Prior, more than 300 new references, and an additional chapter on perimenopause and menopause. Written by a naturopathic doctor with more than twenty years experience, this book is a compilation of everything that works for hormonal health.

There was one copywriter who made millionaires from people who read his book, although they never wrote an ad. Eugene Schwartz wrote a classic on copywriting that is probably one of the most powerful, and profitable, books on copywriting and marketing ever written. That book has been kept available only as a rare hardback gift edition. Generations of copywriters haven't had access to this material. And the world would be a poorer place, except... Fortunately Schwartz was also prolific as a speaker. So we are able to bring notes of his lectures and a review of his classic text to life again. You can learn: - How to create ads which sell your products at the expense of your competition - Find which roles your customer really wants to play and align these to your product - Discover how to get a product to sell no matter how people have already heard about it or how many products like it are already out there. - Learn how to control your audience by being their friend. Get Your Copy Now.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

A world-renowned women's health expert reveals a bold, practical, and data-driven handbook for menstrual periods that provides an easy-to-navigate roadmap for improving your reproductive health—and your everyday quality of life. We've been lied to about periods. PMS, cramping, bloating, migraines, irritability, and anxiety may be extremely common, but contrary to popular belief, they aren't normal. And they certainly aren't "just part of being a woman," despite the fact that this is what we've been told time and time again—by friends, family, and even doctors. After dedicating her entire clinical career to deconstructing the menstrual cycle, women's health expert

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Kirsten Karchmer knows better. During her more than twenty years of research and treating thousands of patients, Karchmer found that most period problems women experience—even the most painful ones—are totally correctable and more surprisingly reflective of overall health and fertility. In this forthright, spirited, and all-encompassing guide, Karchmer draws on her decades' worth of experience as a women's health expert to break down the myths so many women have been led to believe about their periods. For the more than 82 million women in the world who suffer from menstrual conditions, *Seeing Red* explains the importance of a healthy menstrual cycle (and how to achieve it) and why it is important to the women's movement. Menstrual cycles are not a curse, but an instrument providing women with one of the most valuable, regularly occurring, and free diagnostic tools they have, giving them access to unprecedented health and power.

From the bestselling authors of *The First Forty Days* comes a gently nurturing guide for aspiring mothers. The path to motherhood is a deep and transformative process. It can also include unexpected twists and turns. *Awakening Fertility* is a loving companion to accompany you along the journey—whether your desire to become a mother burns fiercely today or is a future calling just beginning to stir. Intended for women at every stage of the preconception process, this book offers wisdom and guidance to support your body, mind, and spirit—including nearly 50 delicious recipes to nourish yourself deeply.

The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses' Health Study More than 6 million women in the United States alone experience infertility problems User-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition

Statistics about male testosterone levels show an alarming trend of a 1.2-1.3% annual decline across all ages! Touted as the male hormone, this means that if testosterone levels maintain this trend, over time, men will increasingly lose a big part of who they are i.e. aggressive (positive aggression), more sex drive, more energy, more focus, passion, leadership, ability to recover faster, greater endurance, ability to burn fat faster and much more. Stop decline of testosterone levels in your body naturally without using supplements or medication! Testosterone is undoubtedly the one hormone you need in plenty, especially as a man. But do you know why you really need it so much? What happens if you don't have enough of it? Are you less of a man? Well, one of the downsides of reduced testosterone levels is reduced libido and a wide array of 'manhood' related problems. So how can you reverse or avoid having reduced testosterone levels? While the first thing you may think of is testosterone supplements, you probably wouldn't want to start relying on testosterone supplements because these don't enable your body to produce its own testosterone. So in essence, you need a natural solution to reduced testosterone levels, which is where the use of natural testosterone boosting solutions comes in. This book will show you how to go about it. This guide will show you how to use naturally and medication free methods to boost your testosterone levels to build lean muscles, reverse erectile dysfunction, boost your sex drive, and become immensely energetic.

A proven system to naturally eliminate problems with your period, improve your fertility, and get your body, mood, and sex drive back. The prescriptive program in *WomanCode*

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has successfully helped thousands of women regulate their periods, clear up their skin, lose weight, alleviate PMS, get pregnant naturally, have more successful IVF, restore their energy, improve their moods, and have better sex. Vitti's revolutionary five-step program gives you the tools you need to: Work in harmony with your body's natural rhythms Minimize the impact of toxins in the environment, your diet, and the products that you use Target and support the parts of your endocrine function (blood sugar, adrenals, elimination, or reproduction) that need attention Tap into the immensely transformative power of your feminine energy The WomanCode protocol gives women from their teenage years to perimenopause the keys to unlock their hormone health and to make their whole bodies thrive.

"Crystal Bliss provides you with all the information you need to harness the innate energy and vibrations of crystals to help boost your own energy and focus your intention so you can beat back negative vibes open your heart to love, manifest wealth, and promote good health. This guide walks you through the process of selecting crystals, cleansing them and preparing them for use, and incorporating them into your meditation and energy healing practice"--

An eye-opening book that reveals crucial information every woman taking hormonal birth control should know This groundbreaking book sheds light on how hormonal birth control affects women--and the world around them--in ways we are just now beginning to understand. By allowing women to control their fertility, the birth control pill has revolutionized women's lives. Women are going to college, graduating, and entering the workforce in greater numbers than ever before, and there's good reason to believe that the birth control pill has a lot to do with this. But there's a lot more to the pill than meets the eye. Although women go on the pill for a small handful of targeted effects (pregnancy prevention and clearer skin, yay!), sex hormones can't work that way. Sex hormones impact the activities of billions of cells in the body at once, many of which are in the brain. There, they play a role in influencing attraction, sexual motivation, stress, hunger, eating patterns, emotion regulation, friendships, aggression, mood, learning, and more. This means that being on the birth control pill makes women a different version of themselves than when they are off of it. And this is a big deal. For instance, women on the pill have a dampened cortisol spike in response to stress. While this might sound great (no stress!), it can have negative implications for learning, memory, and mood. Additionally, because the pill influences who women are attracted to, being on the pill may inadvertently influence who women choose as partners, which can have important implications for their relationships once they go off it. Sometimes these changes are for the better . . . but other times, they're for the worse. By changing what women's brains do, the pill also has the ability to have cascading effects on everything and everyone that a woman encounters. This means that the reach of the pill extends far beyond women's own bodies, having a major impact on society and the world. This paradigm-shattering book provides an even-handed, science-based understanding of who women are, both on and off the pill. It will change the way that women think about their hormones and how they view themselves. It also serves as a rallying cry for women to demand more information from science about how their bodies and brains work and to advocate for better research. This book will help women make more informed decisions about their health, whether they're on the pill or off of it.

A comprehensive and empowering resource for women traces the history and mechanics of sexual self-fulfillment, in an illustrated how-to guide that also discusses the practice's complicated stigma and related myths. Original.

The bestselling author of WomanCode presents a biohacking program for women, teaching them how to use their natural 28-day cycle to optimize their time, diet, fitness, work, and relationships. Women have a important biological rhythm they experience every month that affects productivity, weight, sex drive, energy, and mood. It is essential to be aware of and take

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care of this rhythm, but it has been widely ignored by medical, nutrition and fitness research. So as women, we diet, we deprive, and we cram as much as possible into our day, striving to accomplish impossible to-do lists, and scheduling our lives based on a 24-hour time cycle, ignoring the intuitive time our bodies naturally keep: a monthly cycle with four hormonal phases that offer incredible advantages. In the FLO presents a revolutionary 4-week solution to manage your energy and time according to your female biochemistry. By working with each phase, you'll support your hormones, unlock peak creativity and performance, and avoid burnout. You'll know exactly when to eat certain foods, clear your social calendar, or ask for a raise—and you'll have the tools to do so, including:

- Meal plans and recipes for each phase
- Charts for phase-specific exercises, work tasks, and relationship activities
- A daily planner that helps you align with your strengths in each phase
- A biohacking toolkit for navigating period problems and hormonal birth control

Alisa Vitti, functional nutrition and women's hormone expert, bestselling author of *WomanCode*, and founder of modern hormone healthcare company FLOliving.com, has been teaching women how to reclaim their rhythm for nearly twenty years and has witnessed the incredible rewards it offers—including losing stubborn weight, regaining energy, clearing skin, and minimizing PMS. By getting In the FLO, you'll get more done with less effort, you'll feel better consistently throughout the month, and you'll enjoy the freedom that comes with living on your own time.

A practical and spiritual guide for working moms to learn how to have more by doing less. This is a book for working women and mothers who are ready to release the culturally inherited belief that their worth is equal to their productivity, and instead create a personal and professional life that's based on presence, meaning, and joy. As opposed to focusing on "fitting it all in," time management, and leaning in, as so many books geared at ambitious women do, this book embraces the notion that through doing less women can have--and be--more. The addiction to busyness and the obsession with always trying to do more leads women, especially working mothers, to feel like they're always failing their families, their careers, their spouses, and themselves. This book will give women the permission and tools to change the way they approach their lives and allow them to embrace living in tune with the cyclical nature of the feminine, cutting out the extraneous busyness from their lives so they have more satisfaction and joy, and letting themselves be more often instead of doing all the time. *Do Less* offers the reader a series of 14 experiments to try to see what would happen if she did less in one specific way. So, rather than approaching doing less as an entire life overhaul (which is overwhelming in and of itself), this book gives the reader bite-sized steps to try incorporating over 2 weeks!

How women can improve their productivity, happiness, and physical well-being by keeping their natural cycles in mind and working with them (rather than ignoring them).

A breakthrough program with more than 125 tempting, nutrient-dense recipes for thyroid conditions, Hashimoto's, adrenal fatigue, menopause, endometriosis, fibroids, breast health, PMS, PCOS, and other hormonal imbalances. Millions of women suffer from the life-altering, often debilitating symptoms resulting from hormonal imbalances: stubborn weight gain, fatigue, brain fog, depression, insomnia, digestive issues, and more. The good news is that most of these conditions are reversible. Integrative hormone and nutrition expert Magdalena Wszelaki knows this first-hand. Developing hyperthyroidism and then Hashimoto's, adrenal fatigue, and estrogen dominance propelled her to leave a high-pressured advertising career and develop a new way of eating that would repair and keep her hormones working smoothly. Now symptom free, Magdalena shares her practical, proven knowledge so other women may benefit. Drawing on current research and the programs she has developed and used to help thousands of women, she offers clear, concise action plans for what to remove and add to our daily diet to regain hormonal balance, including guides for specific conditions and more than 125 easy-to-prepare, flavorful, and anti-inflammatory recipes that are free of gluten, dairy, soy, corn, and

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nightshades and low in sugar. Based on twenty hormone-supporting superfoods and twenty hormone-supporting super herbs—with modifications for Paleo, Paleo for Autoimmunity (AIP), anti-Candida, and low-FODMAP diets—these healing recipes include a terrific selection for everyday meals, from Sweet Potato and Sage Pancakes and Honey Glazed Tarragon Chicken to a Decadent Chocolate Cherry Smoothie. With make-ahead meals, under-thirty-minute recipes, and time-saving tips and techniques, *Cooking for Hormone Balance* emphasizes minimal effort for maximum results—a comprehensive food-as-medicine approach for tackling hormone imbalance and eating your way to better health.

In *Mama Glow*, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your "bun." *Mama Glow* also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. *Mama Glow* includes:

- Illustrated exercises for a fit, fabulous, and comfortable pregnancy
- Fleshed-out cleansing programs to boost fertility
- A simple formula for deconstructing those crazy cravings
- Yoga sequences designed for prepregnancy, each trimester, and postpartum
- Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag
- Glow foods to help you snap back to your fab prebaby body

As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

PERIOD founder and Harvard College student Nadya Okamoto offers a manifesto on menstruation and why we can no longer silence those who bleed—and how to engage in youth activism. Throughout history, periods have been hidden from the public. They're taboo. They're embarrassing. They're gross. And due to a crumbling or nonexistent national sex ed program, they are misunderstood. Because of these stigmas, a status quo has been established to exclude people who menstruate from the seat at the decision-making table, creating discriminations like the tampon tax, medicines that favor male biology, and more. *Period Power* aims to explain what menstruation is, shed light on the stigmas and resulting biases, and create a strategy to end the silence and prompt conversation about periods.

If you've ever struggled with diets, food, body image or your weight, then *The Goddess Revolution* is your new handbook for life. Imagine how much you would fall in love with your life again if you weren't so consumed by negative thoughts about food, your weight and your body? Imagine if you could effortlessly find yourself at your perfect weight, in your perfect body, and feel happier and freer around food than ever before? All women are born Goddesses - but we tell ourselves over and over again that for some reason, we don't deserve to feel good. We berate ourselves in the mirror, refuse to accept compliments and use food as a punishment/reward system to mask how we are really feeling about our lives. *The Goddess Revolution* is taking over as the new 'anti-diet'. This is not a fad diet or a set of rules to follow, but a revolutionary new way of thinking that will help women to end the war on their bodies, start embracing an incredibly rewarding relationship with food, and become happier and more fulfilled than they ever thought possible. Tackling very modern issues - including 'fitspiration' and the obsession with perfection caused by celebrity culture and magazine airbrushing - Melissa speaks in a language that women can relate to. Written with passion from one Goddess to another, this book offers readers practical tips and powerful tools to give them back control of how they feel in their bodies and what they choose to put in them.

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Banish bloat and breakouts, balance hormones, and reduce painful cramps! Sometimes it feels like there's just no way to feel good during your menstrual cycle. It seems like ibuprofen and sick days are the only way to get through--until now. The Better Period Food Solution teaches you how to eat for a better, healthier, more comfortable period! This helpful guide shows how nutrition and certain foods can not only help alleviate painful period symptoms, but also heal your body through every stage of your cycle. Whether you suffer from painful periods or low energy, or a more chronic problem like endometriosis, The Better Period Food Solution will guide you through the nutrition choices that are best for your body. The book also includes sample meal plans and recipes that allow you to enjoy a lifetime of healthier cycles.

For more than three decades, Donna Eden has been teaching people to understand the body as an energy system, to recognize their aches and pains as signals of energy imbalance, and to reclaim their natural healing capabilities. In her long-awaited new book, Donna speaks directly to women, showing them how they can work with energy to tackle the specific health challenges they face. She reveals that a woman can manage her hormones by managing her energies and also use energy medicine to treat a host of health issues. From PMS to menopause, from high blood pressure to depression, the book offers easy-to-follow solutions to women's health issues that traditional medicine often fails to provide. Blending a compassionate voice with a profound grasp of how the female body functions as an energy system, Eden presents what is sure to become a classic book on the subject of women's health.

WomanCodePerfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power SourceHarperOne

Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Wild Power tells a radical new story about feminine power. It reveals:

- Your inner architecture and the path to power that is encoded in your body
- How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority
- Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle
- How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing
- How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging

Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

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