

Women have questions:

"What is perimenopause and why do I have to go through it?"

"Why do women gain weight with age?"

"I'm only 35. Why am I having hot flashes?"

"Where did my sex drive go?"

"What are bioidentical hormones? Are they safe?"

"What can I do about irregular periods?"

"How can I finally get a good night's sleep?"

"I feel so confused and depressed lately. What's happening to me?"

Nisha Jackson has the answers.

The Hormone Survival Guide for Perimenopause: Balance Your Hormones Naturally by Nisha Jackson, Ph.D.

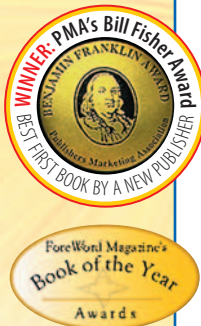
This down-to-earth handbook was written for women who want to regain control of their hormones—and their lives—and feel good again. It is for women who have been told that common unpleasant symptoms are just normal results of aging or, worse, that it's "all in your head." *The Hormone Survival Guide for Perimenopause* provides practical, step-by-step solutions to such hormone-related problems as:

- ▶ Weight gain around the middle
- ▶ Sex-drive doldrums
- ▶ Depression, anxiety, and irritability
- ▶ Chronic fatigue and insomnia
- ▶ Fibroids and/or fibrocystic breasts
- ▶ Adult acne, bloating, and PMS

"This is a great book, giving women concrete actions and guidelines for managing their own health."

George Gillson, M.D., Ph.D.

Author of *You've Hit Menopause: Now What?*



Foreword by:	Neal Rouzier, M.D.
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About the Author

After the birth of her second baby, Nurse Practitioner Nisha Jackson experienced significant postpartum depression. "I knew my 'baby blues' were hormonal," she says, "but I wanted more answers on how to treat it other than the usual birth control pills and Prozac. I wanted to feel well and enjoy my baby, but realized that I needed guidance beyond what I was getting." She also realized that most of her patients, at one point or another, had hormone-related problems, including depression, fatigue, weight gain, PMS (premenstrual syndrome), low sex drive, and early menopause symptoms.

Following intensive independent study, numerous professional workshops and seminars led by prominent hormonal specialists, and working with more than 10,000 women in the area of hormonal imbalances, Dr. Jackson developed a specialty practice focusing on diagnosing, testing, and treating female hormonal imbalances. She remains in contact with women across the country through her public appearances, lectures, symposia, and workshops.

Dr. Jackson is the owner of Ventana Wellness, P.C., a practice dedicated to providing highly individualized care that includes traditional and alternative treatment options. Having specialized in women's health since 1991, Dr. Jackson has dedicated her practice to helping both women and men achieve optimal health and balance. She is a radio and TV personality, author, national lecturer, spokesperson, and women's health advocate.



PHOTO BY CHRISTOPHER BRISCOE

"I am passionate about helping women understand their options and realize that they do not need to live with symptoms of hormonal imbalance. I know that with careful testing and treatment, just about any woman's symptoms can be relieved safely and effectively."

Nisha Jackson
Ph.D., M.S., W.N.P.

Nisha Jackson hosts "Just Ask Nish," a call-in show Sundays 10:00 a.m. to 12:00 that's syndicated in more than 1,000 cities nationwide.

She also cohosts "The Daily Dose" health segment on Tuesdays and Thursdays at 5:30 p.m. on KRWQ 100.3 FM and on Mondays and Wednesdays at noon on KOOL 103.5 FM in Medford, Oregon.

Contents of the Book

Each chapter can help you put together a game plan for renewal, including 12-week hormone-balancing and weight management plans. In a short time, you can feel better and gain control of your health and your life.

- Chapter 1 Why Hormonal Chaos?
- Chapter 2 Know Your Hormones in and out of Balance
- Chapter 3 Have Your Hormones Tested
- Chapter 4 Use Hormones to Treat Hormone Problems
- Chapter 5 Fix Your Diet: The Most Powerful Way to Create Hormonal Balance
- Chapter 6 Eliminate the Stress Hormone
- Chapter 7 Get a Grip on PMS
- Chapter 8 Turn on Your Sex Drive
- Chapter 9 The Fatigue Factor: Rejuvenate Your Thyroid
- Chapter 10 Other Hazards of Perimenopause
- Epilogue The 12-Week Hormone-Balancing Plan

To read an excerpt please visit www.HormoneSurvival.com

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Reviewed in
Publishers Weekly

"Straightforward discussion [of] medical tests and treatments, including alternative therapy. She presents her information clearly... Appendices [and] a glossary add further value to this instructive book."

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"Dr. Nisha Jackson has done an excellent job of understanding the healthcare plight of the perimenopausal woman... She gives you guidelines on how you can take control of your symptoms and your life."

Neal Rouzier, M.D.

Author of Natural Hormone Replacement for Men and Women: How to Achieve Healthy Aging

"One of the best choices available on the subject of perimenopause. Easy to follow and understand..."

Jim Paoletti, R.Ph., FIACP

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