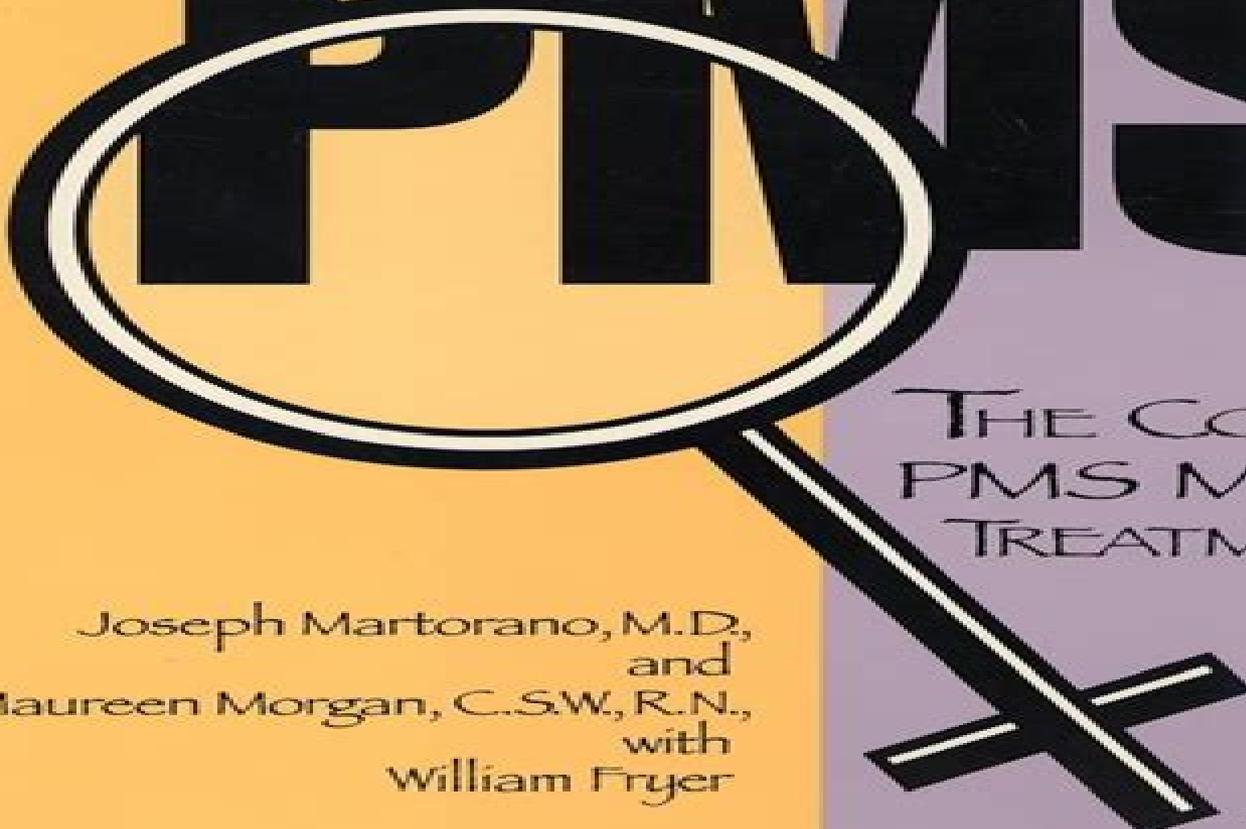


How You Can Diagnose Yourself and
Overcome America's Most Mistreated Disorder

Unmasking PMS



THE COMPLETE
PMS MEDICAL
TREATMENT PLAN

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and
Maureen Morgan, C.S.W., R.N.,
with
William Fryer

Unmasking Pms

Karen Houppert



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Unmasking PMS Brenda Jackson, Joseph Martorano, Maureen Morgan, Ronald L McDonald, William Fryer, 1994-10-01 Written by a doctor and nurse who specialize in premenstrual syndrome this step by step guide for PMS self diagnosis and treatment covers a wide range of physical and emotional symptoms that accompany PMS from headaches and mood swings to insomnia and sinusitis Includes checklists and charts Evans

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Self-Help for Premenstrual Syndrome Michelle Harrison, M.D., Marla Ahlgrimm, R.Ph., 2009-07-08 Updated with the latest information A completely revised edition of the classic guide to PMS the first book on this pressing health issue ever published in the United States Soon after Self Help for Premenstrual Syndrome came out more than fifteen years ago it was established as the definitive resource In this third edition you ll find accurate up to date information on Symptoms and causes of PMS PMS and perimenopause Premenstrual magnification PMM Diagnosing PMS Treating PMS through diet exercise and stress management Vitamins minerals oil of evening primrose and other nonprescription remedies Progesterone Antiprostaglandins antidepressants and diuretics Acupuncture and alternative therapies Psychotherapy PMS and its effect on sexuality the family and creativity Support groups Social and political implications of PMS Other resources including information on using the Internet for further research With its practical advice friendly approach and comprehensive resource section you ll find Self Help for Premenstrual Syndrome an invaluable guide to the answers you need

New Blood Chris Bobel, 2010-05-05 *New Blood* offers a fresh interdisciplinary look at feminism in flux For over three decades menstrual activists have questioned the safety and necessity of feminine care products while contesting menstruation as a deeply entrenched taboo Chris Bobel shows how a little known yet enduring force in the feminist health environmental and consumer rights movements lays bare tensions between second and third wave feminisms and reveals a complicated story of continuity and change within the women s movement Through her critical ethnographic lens Bobel focuses on debates central to feminist thought including the utility of the category gender and challenges to building an inclusive feminist movement Filled with personal narratives playful visuals and original humor *New Blood* reveals middle aged progressives communing in Red Tents urban punks and artists culture jamming commercial menstrual products in their zines and sketch comedy queer anarchists practicing DIY health care African American health educators espousing holistic womb health and

hopeful mothers refusing to pass on the shame to their pubescent daughters With verve and conviction Bobel illuminates today's feminism on the ground indisputably vibrant contentious and ever dynamic **The Curse** Karen Houppert, 2000-05-24 A provocative look at the way our culture deals with menstruation The Curse examines the culture of concealment that surrounds menstruation and the devastating impact such secrecy has on women's physical and psychological health Karen Houppert combines reporting on the potential safety problems of sanitary products such as dioxin-laced tampons with an analysis of the way ads movies young adult novels and women's magazines foster a menstrual etiquette that leaves women more likely to tell their male colleagues about an affair than brazenly carry an unopened tampon down the hall to the bathroom From the very beginning industry generated instructional films sketch out the parameters of acceptable behavior and teach young girls that bleeding is naughty irrefutable evidence of sexuality In the process confident girls learn to be self-conscious teens And the secrecy has even broader implications Houppert argues that industry ad campaigns have effectively stymied consumer debate research and safety monitoring of the sanitary protection industry By telling girls and women how to think and talk about menstruation the mostly male dominated media have set a tone that shapes women's experiences for them defining what they are allowed to feel about their periods their bodies and their sexuality **SOS for PMS** Lissa DeAngelis, Molly Siple, 1999 The cure for PMS can be as close as the refrigerator according to natural food chef DeAngelis and nutritionist Siple authors of *Recipes for Change* **The Power of Perimenopause** Stephanie DeGraff Bender, Treacy Colbert, 1998 Illustrates common perimenopausal complaints such as hot flashes mood swings and decreased libido Discussion of hormone replacement therapy HRT complementary therapy osteoporosis breast cancer and heart disease and general self care **The Clinician's Handbook** Robert G. Meyer, Sarah E. Deitsch, 1996 Changes in the widely used DSM IV Diagnostic and Statistical Manual of Mental Disorders and MMPI 2 Minnesota Multiphasic Personality Inventory are covered in depth In fact coverage of the DSM IV and MMPI 2 is so complete that this volume can serve as a primary reference on these topics as well as a general diagnostic assessment and treatment resource **The Ghen and Rains Physicians' Guide to Pharmaceutical Compounding** Mitchell J. Ghen, 2000 *McCall's*, 1994 **Subject Guide to Books in Print**, 1991 **Forthcoming Books** Rose Army, 2001-06 **Nutraceutical Revolution** Richard N. Firshein, 1999-12 In this single volume Dr Firshein has compiled all the facts on 20 of the safest and most versatile nutraceuticals used to treat a wide range of maladies including allergies cancer chronic fatigue memory loss headaches menopause and high blood pressure **Cosmopolitan** Helen Gurley Brown, 1995-04 **American Book Publishing Record Cumulative 1993** R R Bowker Publishing, 1994-03 Cited in BCL3 Sheehy and Walford Compiled from the 12 monthly issues of the ABPR this edition of the annual cumulation lists by Dewey sequence some 41 700 titles for books published or distributed in the US Entry information is derived from MARC II tapes and books submitted to R R Bowker and **The Cumulative Book Index**, 1999 **Medical and Health Care Books and Serials in Print**, 1997 **La**

menstruación Karen Houppert, 2000 Análisis sobre la menstruación y la cultura de ocultación que la rodea. La autora estudia cómo se trata la menstruación en la industria de los productos sanitarios, la publicidad de estos productos, los textos de educación sexual y las revistas para adolescentes, poniendo de manifiesto el impacto que puede producir en la salud física y emocional de la mujer, el tópico menstrual publicitario, el moralismo sexual y los riesgos ocasionados por el uso de los productos sanitarios. Además aborda el tema del síndrome premenstrual y en la última parte del libro expone la contracultura menstrual, es decir, las nuevas corrientes que tratan el tema de la menstruación liberándose de viejos eufemismos.

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