

Stay informed, educated, and remember to take care of yourself - you deserve it!

As we journey through perimenopause to post-menopause and the personal decisions it involves, it is essential to stay informed. Being informed empowers us and gives us options to make choices that fit our individual needs. Here, I share resources, book tips, and links with you.

Books

- Dr Louise Newson's 'Menopause - all you need to know in one concise manual' (published by Haynes or Penguin)
- Christiane Northrup M.D. - The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change
- Dr Shahzadi Harper, The Perimenopause Solution
- Alexandra Pope, Sjanie Hugo Wurlitzer, Wise Power
- Balance Your Hormones, Balance Your Life by Dr. Claudia Welch
- Woman on Fire: Alles über die fabelhaften Wechseljahre (**German Edition**), Dr. med. Sheila de Liz
- The XX Brain, by Dr Lisa Mosconi
- Sleep Recovery, by Lisa Sanfilippo
- The Pelvic Floor Bible, by Jane Simpson
- Yoga for Osteoporosis, by Dr Loren Fishman MD
- Ayurveda for Women, by Dr Robert E Svoboda
- Recommended for Yoga teachers: Petra Coveney's "Menopause Yoga – A holistic Guide to Supporting Women on their Menopause Journey"

Ted Talk

- How menopause affects the brain https://www.ted.com/talks/lisa_mosconi_how_menopause_affects_the_brain?language=en&subtitle=en

International

- <https://theharperclinic.com/>
- <https://www.womens-health-concern.org/help-and-advice/factsheets/>
- <https://www.menopausematters.co.uk>
- www.womens-wealth-concern.org
- <https://www.menopausedoctor.co.uk>
- <https://menopausecare.co.uk/perimenopause-and-menopause-symptoms-explained/menopause-symptom-checklist/>

Menopause App

- <https://www.balance-menopause.com/>

Podcast German:

- <https://podcasts.apple.com/us/podcast/meno-an-mich-frauen-mitten-im-leben/id1620524036>
- <https://www.fuersie.de/podcast>

Podcast English

- <https://www.nytimes.com/2023/02/12/podcasts/the-daily/menopause-treatment-hormone-therapy.html>

Menopause Support In Den Haag

- Audrey Dickinson, Nourish & Flourish Nutrition <https://nourishenflourish.com/>
"Audrey Dickinson is a holistic nutritional therapist and food enthusiast, fascinated by the intricacies of the human body. She specializes in education for women who are experiencing unpleasant symptoms associated with menopause. Nourishment, love and selfcare are the 3 main ingredients towards better balance! “
- Arina Marsman Acupuncture <https://www.arinamarsman.nl/en/>
- Steffi von Brunner <https://steffivonbrunner.com/pelvic-health-coaching/>
- <https://www.hagaziekenhuis.nl/specialismen/overgangspoli/>
- <https://www.haaglandenmc.nl/ziektebeeld/behandeling-bij-overgangsklachten-menopauze/>
- <https://overgangsconsulente.com/consulenten/monique-boon-appelman-overgangsconsulent/>
- <https://www.langeland.nl/pati%C3%ABnten/poliklinieken/menopauzepoli/>
- <https://www.ellesie.nl/behandelingen/menopauze>