

Chapter 1 : Discover Your Menopause Type Reviews

*Discover Your Menopause Type [Joseph Collins] on blog.quintoapp.com *FREE* shipping on qualifying offers. Take Charge of Your Menopause! This groundbreaking bookâ€”the first to reveal 12 distinct menopause types and how best to treat eachâ€”gives you the information you need to take charge of this challenging and sensitive life stage.*

Do you like quizzes? Now, I lean more toward figuring out the right paint color for a room in my house based on what function it serves. Really important stuff, right? Well, this week I found a pretty useful quiz: The Menopause Type Questionnaire. Talk about instant gratification. Who should or might want to take the quiz? Joseph Collins, assessment and recommended treatment plan for me. I would recommend it to anyone who is new to menopause, or who thinks they may be in perimenopause, and cannot figure out where to begin to address the seemingly random symptoms they may be experiencing. The questions ask about your mood, energy levels, sleep patterns, and overall well-being. The Menopause Questionnaire is based on Dr. From either source, you can determine which type of menopause Dr. Collins would prescribe you based upon your responses to the questions. The 12 types of menopause are based according to which quadrant your particular hormonal imbalances fall. You have one of the first three: Once you have completed the questionnaire, you can start learning about how your cluster of symptoms makes sense, at least sort of. I found that comforting once my doctor began putting all the pieces of my hormone labs together with my symptom profile. Even though I have no plans to modify my treatment, I still found it interesting to complete the questionnaire and to remember why I felt and behaved so poorly. I learned about different supplements that might address some of my imbalances. I especially like Dr. In plain language, he tells you what imbalance each food or herb addresses and describes several ways herbs can be taken. Additionally, he provides a creditable list of resources to find a practitioner with expertise in hormonal treatments, naturopath or herbalist. The online materials appear to encourage readers to work with a variety of sources to help you feel your best: Local and regional magazines feature her articles on travel, historic sites, nutrition, and parenting. Reading, walking, and yoga are her favorite pastimes. In her previous life before kids, Ms. Stump was a museum curator.

Chapter 2 : Whatâ€™s Your Menopause Type? | Menopause View

Discover Your Menopause Type is the authoritative guide on menopause typeâ€™ identification and management. Based on widespread clinical experience, extensive review of lab tests and exhaustive review of scientific literature, this book presents clear and practical information on identifying and treating the unique menopause typeâ€™ of each woman.

Chapter 3 : Book Review: Discover Your Menopause Type by Dr. Joseph Collins

Take Charge of Your Menopause! This groundbreaking bookâ€”the first to reveal 12 distinct menopause types and how best to treat eachâ€”gives you the information you need to take charge of this challenging and sensitive life stage. Inside, Dr. Joseph Collins demolishes the "one size fits all.

Chapter 4 : Discover your menopause type by blog.quintoapp.comngl - Issuu

About Discover Your Menopause Type. Take Charge of Your Menopause! This groundbreaking bookâ€”the first to reveal 12 distinct menopause types and how best to treat eachâ€”gives you the information you need to take charge of this challenging and sensitive life stage.

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Chapter 6 : Sugar Sensitivity & Menopause | Healthfully

Take Charge of Your Menopause! This groundbreaking book--the first to reveal 12 distinct menopause types and how best to treat each--gives you the information you need to take charge of this challenging and sensitive life stage.

Chapter 7 : Discover Your Menopause Type by Joseph Collins | blog.quintoapp.com

Discover Your Menopause Type: The Exciting New Program That Identifies The 12 Unique Menopause Types And The Best Choices For You by Joseph Collins Take Charge of Your Menopause! This groundbreaking bookâ€”the first to reveal 12 distinct menopause types and how best to treat eachâ€”gives you the information you need to take charge of this.

Chapter 8 : Discover Your New Menopause Type : Joseph Collins :

Take Charge of Your Menopause! This groundbreaking bookâ€”the first to reveal 12 distinct menopause types and how best to treat eachâ€”gives you the information you need to take charge of this challenging and sensitive life stage.