

# New Resource Provides a Step-by-Step Manual To Teach Women How to Cope with Menopause

**Kathi MacNaughton, a nurse going through perimenopause, has teamed with publisher, Creative Communications, to help women reclaim their health during menopause**

## **For Immediate Release:**

United States of America January 1, 2008 -- Rancho Santa Margarita, CA - January 1, 2008 -- Midlife changes currently affect more than fifty million women in the US. The majority of them do not know where to start when it comes to self care. Creative Communications has released a new ebook, How to Conquer Menopause <http://www.howtoconquermenopause.com/>, A Definitive Guide to managing menopause written with a nurse and consumer health writer, Kathi MacNaughton.

"Too many women give over their power to male doctors who often know nothing about menopause and most have received limited training in endocrinology (hormones)," Kathi states. "Women who experience from mild to severe symptoms of menopause need to learn what to expect from this mid-life transition and what they can do to best care for themselves and stop suffering."

Creative Communication's new ebook provides an objective overview of the options women can choose from when coping with the uncomfortable symptoms of this transition including hot flashes, night sweats and mood swings more commonly reported by women in the US.

Some of the information a reader can expect to learn includes:

- The different types of menopause (surgical, premature and natural)
- The official list of menopause symptoms
- Survival tips for hot flashes, night sweats, mood swings etc.
- Natural and safe alternatives to hormone replacement therapy
- What all this new information about bioidentical hormones really means
  
- How to reduce your risks for heart disease and osteoporosis
- What to look for in a doctor and where to find one that's right for you
- Discover the truth about male menopause ... and much more

Kathi explains, "This book is very accessible for women. As a nurse in perimenopause myself, I wrote this book in an accurate medical way, while knowing first-hand about the symptoms. I also did a lot of research on the various menopause boards to get a feel for what the experience is like for other women (and men too). Women will find it easy to read with plenty of resources provided for ongoing research."

Creative Communications provides book buyers the option of free lifetime updates for this ebook including access to future research and news at their website <http://www.everythingmenopause.com/>. This site also provides a forum for women to ask questions and discuss their experiences with each other.

Elizabeth Hardy who read the book, said "How to Conquer Menopause helped me understand what to expect during menopause – it actually took the surprise and fear out of it for me. It also provides plenty of resources, both traditional and alternative, so you can make an informed choice on how to handle your own health. If you are wondering, 'is what I'm experiencing related to menopause?' you'll know after reading this book."

*For more information:*

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