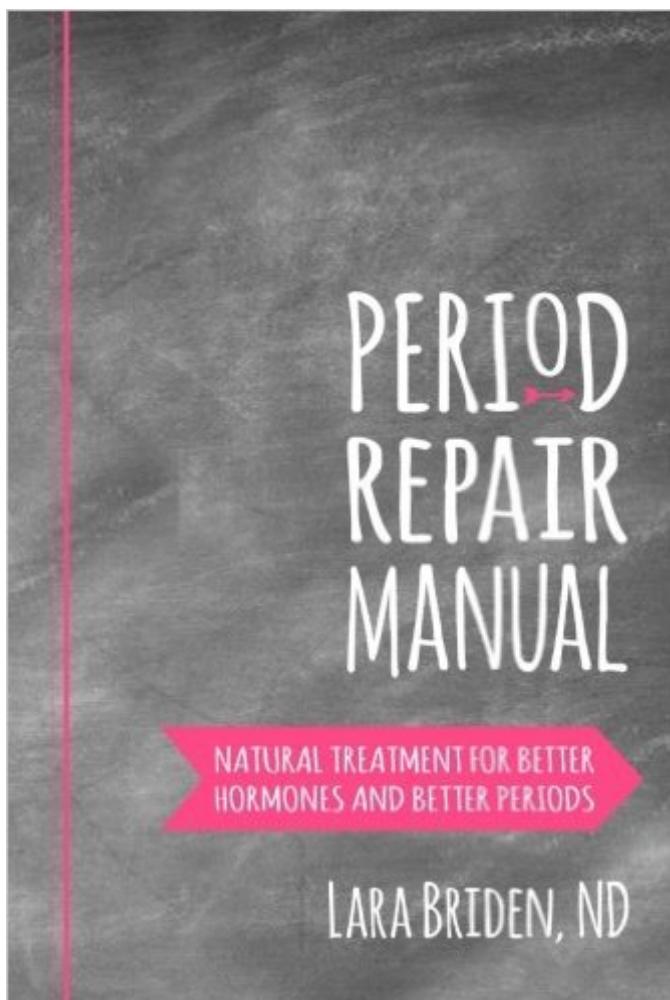


The book was found

# Period Repair Manual: Natural Treatment For Better Hormones And Better Periods



## **Synopsis**

What's happening with your period? Does it come every month? Does it come at all? Is it heavy or painful or difficult in some way? Maybe you've just come off the pill, or are thinking about coming off the pill. No matter your age or your situation, it's time to get to know your period. There is no better time to do so. Period Repair Manual is your guide to healthier periods using natural treatments such as diet, nutritional supplements, herbal medicine, and bioidentical hormones. It is a practical, user-friendly manual suitable for women of every age. Topics include: How to Come Off the Pill, What Your Period Should Be Like, What Can Go Wrong, and How to Talk to Your Doctor. The second half of the book is a comprehensive treatment guide including General Maintenance, and treatment protocols for specific period problems such as PCOS, PMS, heavy periods, endometriosis, and more. Written by a Naturopathic Doctor with more than 18 years experience, this book is a compilation of everything that works for hormonal health.

## **Book Information**

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## **Customer Reviews**

As a certified FAM instructor, I was really excited to read this book. I regularly teach women who suffer from hormonal imbalance and the after-effects of hormonal contraception, so I was hoping this book would shed light on some of the things I see. While I loved this book, there are some things that are confusing in the FAM section. The author has graciously taken the time to answer my questions, and has clarified a few things: 1. P. 35 Combination Condoms and Fertility Awareness Method My concern was that I know you do not need any contraceptive devices or behaviors during the defined infertile time with FAM- you just need to be willing to abstain during the fertile time. This

section makes it sound like you do. (She actually intended that section for her teen patients due to higher risk of STDs. I won't even get into my issues with all of that.)2. P. 34 Caution...Dr. Briden has confirmed she now sees it as an error to advise women with irregular cycles not to use FAM. You CAN use FAM. I think one of the great gifts of this book is that she helps women get those cycles regular, thereby helping FAM be much easier to use.Beyond these things, I think it is confusing to mention ovulation predictor strips in the context of FAM because they predict ovulation way too late to be of use for a couple. Also, I think in books that try to describe FAM you end up with the unresolvable problem of either not giving enough information to truly understand the method, or giving enough that women think they can read a book and use it with the efficacy rates quoted. Find a class, have a guide, and follow up. It is not rocket science, but it is more complicated than just reading a book or downloading an app.Where the book shines....

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