

## FULL BIBLIOGRAPHY

### GOING MENOPOSTAL

AMY ALKON

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(All night, every night)

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## PERIMENOPAUSE AND MENOPAUSE

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JOAN OF ENDOCRINOLOGY

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### IT'S NOT THE MONEY, IT'S THE MONEY

*Women are prescribed a cheap progesterone imitator  
with multiple awful side effects—including increased cancer risk*

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## A BRIEF HISTORY OF A SCIENTIFIC MESS

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### NOW I LAY ME DOWN TO THRASH

*Insomnia all night, brain fog all day*

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## — 10 —

### HOT FLASHES AND NIGHT SWEATS

*There's a dumpster fire burning and it's inside us*

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**BLOW UP AND THROW UP**

*Nausea, migraines, bloating, and inflammation run wild*

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### NEEDLESS GUTTING

#### *Countless unnecessary hysterectomies for fibroids and heavy menstrual bleeding*

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### SEX, LIBIDO, AND DESERT VAGINA

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### CRAZY IS SOMETIMES A STATE OF OVARIES

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## — 16 —

### MENOPAUSE BRAIN

#### *Untangling what estrogen does and doesn't do*

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— 18, 19, 20 —

## LONG-TERM HEALTH PROTECTION

— 18 —

### DROP DEAD, GEORGEIOUS

*There's a heart-eating serial killer on the loose*

— 19 —

### SISTER SLUDGE

*Estrogen and progesterone prevent  
blocked arteries and an early exit*

— 20 —

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### DEM BONES

#### *How to avoid smoking a hip joint*

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HOW TO HELP YOUR DOCTOR GIVE YOU EVIDENCE-BASED CARE

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CLUELESS-CARE FOR MENOPAUSE AND PERIMENOPAUSE

*Is your gynecologist qualified to treat you—or required to act the part?*

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### DIY MEDUCATION

#### *What your doctor doesn't know can hurt you*

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### **GENERIC DRUGS ARE THE SAME AS BRAND DRUGS (EXCEPT WHEN THEY'RE NOT)**

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