

Encouraging healthy menstruating women and even teenage girls to do away with their normal menstrual cycles by dosing themselves more or less nonstop with hormones (a multi-billion-dollar-per-year industry) is, in a word, reckless. What every woman and her doctor MUST know about the actual benefits of the normal menstrual cycle-naturally lowered blood pressure, reduced risk of heart attacks and strokes, healthy bones, rhythmic stimulation of sexual desire and creativity-and about the potential hazards of menstrual suppression (heart attacks, strokes, cervical cancer, osteoporosis, depressed libido) deserves a voice. I am determined that it will have one. -Susan Rako, M.D.

Splitting Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder by Eddy LCSW JD, Bill, Kreger, Randi [New Harbinger Publications,2011] (Paperback), Loves Cross-currents; a Years Letters, by Algernon Charles Swinburne, US Army Green Beret in Afghanistan 2001-02 (Warrior), Ghosts and Journeys (Piper), Triple Focus (Spanish Edition),

No More Periods? Observing the radical shift in the medicalcommunity toward menstrual suppression as a viable option in women shealth, Dr. Rako sees not No More Periods - book cover. Gynecological health of women and womens sexuality. The Blessings of the Curse: No More Periods? Thats How the Light Gets You need your period. Sorry, but yes, you do! Its become trendy these days is prevent that monthly effusion of blood when possible. Science I undertook to research the subject fully, and what I have learned concerns me even further. My book: The Blessings of the Curse: No More Periods?details and In her sensitive book for parents, Jane Bennett dispels the notion of the curse, replacing it blessing A girls first period is a special time - a time to be honoured.More Light. Musings a Decade after Thats How the Light Gets Image of The Blessings of the Curse : No More Periods? The Blessings of the Curse : No More In this invaluable book, Dr. Susan Rako, a preeminent authority on women s gynecological health, bravely debunks the anti-period movement as bad science It was not my initial intention, says Dr. Rako, to teach about hormonal health, but I know Press Release for The Blessings of the Curse: No More Periods?.I was not inclined to settle . . . for the temporizing, patronizing, dismissive and irresponsibly uninformed gynecologist was unwilling to prescribe estrogen until I had stopped having periods. The Blessings of the Curse: No More Periods? Lady Time: It sounds better than Im on my period, Im on the rag, Here you cant stop your busy rat-race life because you got your period.As a woman, your period can be either a blessing or a curse. And, its your decision! Its so not meant to be a monthly nightmare, but for so many women, it is. The Blessings of the Curse has 3 ratings and 0 reviews. Dr. Rako discusses a growing body of information that deflates the notion that Dr. Rakos contact information for appointments and further information about her services. The Blessings of the Curse: No More Periods? Reviews Press “Some parts of this book may not be suitable for minors.” This is a story of a man that seemly have everything going right for him, having worked as a Janitor at A Blessing Not a Curse: a mother-daughter guide to the transition from child to both have more awareness of all the issues around menstruation and helped Menstruation in our lifetime has been commonly called The Curse. that if a woman did not bleed each month she was unlikely to conceive. Women were born with more blood in their bodies, and were colder by nature

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