



Is It Hot in Here or Is It Me?: Personal Look at the Facts, Fallacies, and Feelings of Menopause, A

Gayle Sand

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Here at last is the real lowdown on estrogen slowdown -- a witty, warm, candid journey through menopause, filled with the latest medical information, written with humor and sensitivity by a woman who knows her way around a hot flash.

Since Gayle Sand had her first hot flash in L.A., where menopause is considered a terminal illness, she has sampled treatments from age-old to New Age and has seen more gynecologists and climbed into more stirrups than Dale Evans and Roy Rogers combined. In *Is It Hot In Here or Is It Me?* she shares her experiences, no holds barred, and delivers an up-to-date, down-to-earth, intimate firsthand account of the facts, the fads, the ups, the downs, the emotion and commotion of menopause. From the effects menopause can have on relationships and ego to an effortless education on hormone therapy, alternative treatments, nutrition, and postmenopausal health concerns such as osteoporosis, cancer, and heart disease, Sand covers it all with humor and heart in this must-read book for women -- and the men in their lives.

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