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Menopause and Andropause

(Have you lost Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree your Mojo?)

Sometimes you're the Dog

and.....

Sometimes you're the Tree

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Sydney, Australia

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Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree

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## **Preface**

Mollie Moss lives in Sydney Australia and has been a creative writing teacher for more than fifteen years.

Life experiences, particularly working with men, a sense of humour and many years of 'people-watching' gave her great insight into the differences between men and women; going through menopause moved her to study the effects of this torrid time on both men and women. Being married in the past and generally sexually and Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree emotionally unsatisfied gave her a reason to Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree find out what women really want and how to encourage men to provide that. Going through menopause gave her a Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree new confidence in herself and in her Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree ability to verbalise this era of her life and her friends' lives.

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During her study she has captured what she sees as noteworthy comments on how Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree best to get along with partners to get the best out of relationships in these twilight years. Or not.

## **Disclaimer**

The information contained in this book is not intended to replace the advice of a physician or other health care professional. The information contained in this book cannot substitute for the advice of a qualified health care professional.

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## FORWORD

*Mollie has written exactly as she speaks and feels about a very important subject for both men and women – the ‘menopausal’ and ‘manopausal’ transition and its implications. Mollie has a wicked sense of humor, a great degree of intelligence and is not afraid to bring up matters that are important and which may not be discussed much in ‘polite society’.*

*It was of great interest to me how Mollie and her friends and colleagues felt about their menopausal transitions. A lot of the sentiments noted in this lovely book I am witness to each day that I am consulting in Herbalism and Natural Fertility Management. A common theme in Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree the consultations is that there is not enough information regarding the ‘middle years’ – and this comes from both men AND women. I think that Mollie has done a great job in providing information in a way that is easy to understand while at the same time not attempting to be ‘scientific’ - so not bamboozling the reader.*

*There is also a lot of confusion for both men and women about Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree what options there are in assisting a smoother transition in the middle years – with many people not realising that there are very safe and effective natural treatments for all sorts of hormonal imbalances, not just menopausal / menopausal imbalances. Some people may opt to pursue more conventional therapies such as hormone treatment, but many are now learning of the myriad of complementary medicine options in achieving optimal health with safety in all the years of our life. Although Mollie has opted to use a rather conventional hormone treatment (hmmmm, will have to speak to her about that!), she has provided Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree some information on other, more natural options for the reader to consider.*

*It is refreshing to read this very personal account of the transitional years. Mollie has made it clear that she is not a ‘health practitioner’, but that the observations in her book are from personal experience as well as from the stories of others. I congratulate Mollie on her work – she has provided a much-needed breath of fresh air and her way of telling a good ‘yarn’ provides much mirth Menopause and Andropause - Sometimes you're the dog - and sometimes*

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*you're the tree for the reader at times.*

*Wendy Dumaresq*

*B.Bus, Dip. Med. Herb, Ad.Cert NFM, Dip Bowen*

*Moonee Valley Natural Healing Centre*

*Moonee Ponds.*

## **Acknowledgements**

I take this opportunity to thank God for creating my very dear children and to thank my children for being the greatest living source of human love in my life. You will note that I am a creationist and not an evolutionist. I have yet to see a half-man, half-monkey walking around that substantiates the evolutionist theory but I see miracles every day to support our Creator! Consider this:

Humans are so intricately designed that nothing can convince me of the sheer coincidence of evolution. In fact so are the animal species; they are just made differently from

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the beauty of the human body. While the animal species show intelligence, the human mind is a cut above the rest with the ability to verbalise and rationalise.

For instance I read the following information:

'The cranium (skull) is the part of the body that houses the brain (I could fill a separate chapter on how Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree the brain functions). It is a large dome of bone actually made from eight separate bones.

'The bones grow and fuse together during early childhood to form a rigid case, the cranium, which protects the brain and sensory organs. The back of the skull is divided into three major depressions (fossae) in a descending stair-step arrangement from front to back.

'There are openings in the three fossae for the Menopause and Andropause - Sometimes you're the dog - and sometimes you're the tree passage of nerves and blood vessels. The cranium is sometimes called the braincase, but it is intimately related to the sense organs for sight, hearing, smelling, and taste. So it is not just the skeletal system for the brain.'

## **Menopause And Andropause Sometimes You Re The Dog And Sometimes You Re The Tree**

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