

# MENOPAUSE PLAYBOOK: RESOURCES + TOOLS



## CURATED CONTENT BY SALVEO LIFESTYLE

- [\*\*S.O.S. – Elissa Goodman: Menopause Playbook\*\*](#) – scroll to the bottom of our page to view our October 19, 2022, Salveo Online Symposium!
- [\*\*Hot Topic: Menopause - Symptoms, Causes, and Solutions\*\*](#)
- [\*\*Ayurveda and Menopause\*\*](#)



## PODCASTS

- Dr. Peter Attia discusses [\*\*Menstruation, Menopause, and Hormone Replacement Therapy for Women\*\*](#) on YouTube
- Max Lugavere podcast: [\*\*The Genius Life Episode 256: The Shocking Truth About Menopause and How to Biohack Your Way Through It\*\*](#) featuring Suzanne Gilberg-Lenz, MD
- The Goop podcast: [\*\*Gwyneth Paltrow x Esther Blum: Balancing Your Hormones\*\*](#)
- Go Ask Ali podcast: [\*\*The MenoPositivity Revolution with Sally Mueller and Dr. Ekta Kapoor\*\*](#)



## BOOKS

- [\*\*"Menopause: 50 Things You Need to Know: What to Expect During the Three Stages of Menopause"\*\*](#) by Alexis Perella and Felice Gersh
- [\*\*"The Menopause Manifesto: Own Your Health with Facts and Feminism"\*\*](#) by Dr. Jen Gunter
- [\*\*"Hot Flash Hell- A Gynecologist's Guide to Turning Down the Heat"\*\*](#) by Dr. Lauren Streicher



## PRODUCTS

- [\*\*Eight Sleep Pod 3 Cover\*\*](#) - this cooling mattress topper is an excellent solution to help with hot flashes and allow you to sleep better
- [\*\*Stripes' Oh My Glide\*\*](#) - this "play oil" for intimacy features squalane, bisabolol, and coconut and avocado oils to gently restore moisture
- [\*\*Thorne Meta-Balance\*\*](#) - for women who want a natural approach to managing the normal ebbing of hormones during menopause.
- [\*\*Oura Ring\*\*](#) - for monitoring your sleep, activity levels, temperature trends, stress, heart rate, and more.



## DOCTORS (ALL DO H.R.T.)

- [\*\*Dr. Lauren Streicher\*\*](#) (Northwestern)
- [\*\*Dr. Melinda Ring\*\*](#) (Northwestern)
- [\*\*Gregory W. Chen\*\*](#) (Northwestern)

