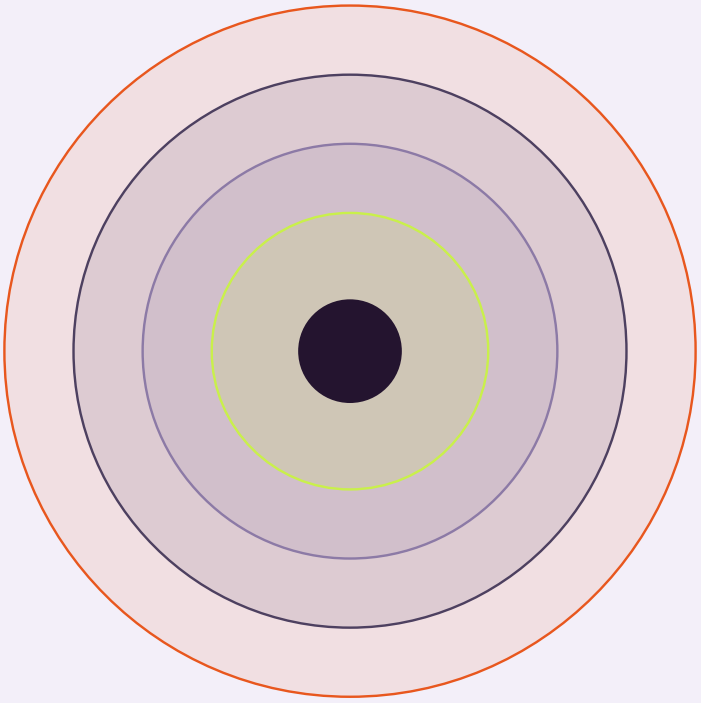


The New Menopause: Navigating Your Path Through Hormonal Change

with Purpose, Power, and Facts

A reading of the book by Mary Claire Haver (2024)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of The New Menopause: Navigating Your Path Through Hormonal Change with Purpose, Power, and Facts, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Mary Claire Haver is a board-certified obstetrician-gynecologist in Texas and the author of The Galveston Diet. In this book she argues that menopause reaches almost every system in the body, and that many women spend years with symptoms nobody connects to their hormones. The first part tells the history of menopause medicine, including how the 2002 Women's Health Initiative results turned a generation of doctors and patients against hormone therapy. The second part explains the stages of the transition, what falling estrogen does across the body, and the benefits and risks of menopausal hormone therapy, and how to prepare for an appointment. The third part covers daily habits such as nutrition and exercise, then an A to Z toolkit of dozens of symptoms, from hot flashes and brain fog to joint pain, palpitations and vertigo: what may be behind each and what can help.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1

HOURLIFE TAKEAWAY

Menopause is a whole-body event, not a thermostat problem.

Estrogen acts on tissue all over the body, so when it falls the effects can show up in the brain, joints, skin, gut, bladder and heart. Haver's point is that hot flashes are only the best-known sign. Seeing the whole picture is what lets you and your clinician connect symptoms that look unrelated.

2

HOURLIFE TAKEAWAY

If nobody connects your symptoms, you get a pile of referrals instead of an answer.

The book's toolkit covers dozens of changes that may be linked to perimenopause and menopause, from brain fog and joint pain to palpitations and vertigo. Many women see a different specialist for each one. Many of these also have other causes, which is exactly why it helps to raise them together.

3

HOURLIFE TAKEAWAY

A generation's fear of hormone therapy came more from how one study was reported than from what it later showed.

The combined-hormone arm of the Women's Health Initiative was stopped early in 2002, and the headlines focused on risk. Haver argues that the fallout overstated the risks and buried the benefits for younger women near menopause. Later analyses by age and timing gave a more mixed, more personal picture, and that is the conversation she wants women to be able to have.

4

HOURLIFE TAKEAWAY

With hormone therapy, timing changes the math.

Haver presents the benefits as greatest when therapy starts before 60 or within about ten years of the final period, and the risks as higher when it starts much later. Major menopause societies take a similar view for treating symptoms, though they do not advise hormone therapy only to prevent heart disease or dementia. Whether it suits you depends on your own history, which is a decision to make with your clinician.

5

HOURLIFE TAKEAWAY

Perimenopause can begin years before the last period, and a single blood test rarely settles it.

Hormone levels swing from week to week in the transition, so one normal result does not rule anything out. Cycle changes, age and the pattern of symptoms usually say more. That is why a written record of what you notice is worth bringing.

6

HOURLIFE TAKEAWAY

Muscle is one of the most important things to protect after forty.

Haver treats sarcopenia, the gradual loss of muscle, as a central risk of midlife. Her answer is strength training alongside aerobic exercise, and enough protein; she suggests at least 1.2 grams per kilogram of body weight a day. Ask your clinician whether that target suits you, especially if you have kidney disease.

7

HOURLIFE TAKEAWAY

Ask for the numbers, not just reassurance.

Menopause shifts cholesterol, blood sugar and where the body stores fat, and heart disease is the leading cause of death for women. The book encourages tracking blood pressure, lipids, A1C and fasting glucose, and asking whether further tests make sense. Numbers turn a vague worry into something you can watch change.

8

HOURLIFE TAKEAWAY

Dryness, pain and bladder trouble are treatable, and they tend not to go away on their own.

The genitourinary syndrome of menopause covers vaginal dryness, pain with sex, urgency and repeat urinary infections. Haver has called low-dose vaginal estrogen one of the most undertreated options, and it is worth asking about even years after menopause. Many women never mention these symptoms unless asked, so raise them yourself.

9

HOURLIFE TAKEAWAY

You are allowed to look for a clinician who will actually talk about options.

A recurring thread in the book is women being told their symptoms are normal ageing or all in their head. Haver's advice is to arrive prepared, ask for a real risk and benefit discussion, and review it every year. If a provider will not have that conversation, it is reasonable to find one who will.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Take a whole-body inventory
- [ ] Book a visit just for this
- [ ] Write down your family and personal history
- [ ] Ask for your baseline numbers
- [ ] Find a menopause-informed clinician

KEEP UP DAILY

- ◯ Lift something heavy twice a week
- ◯ Put protein on every plate
- ◯ Log changes once a week

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

SETUP 1

Take a whole-body inventory

Go through a full symptom list, system by system, and tick everything you have noticed in the past year, even if it seems unrelated.

Mark the three that affect your days most.

MY VERSION

DONE ON

SETUP 2

Book a visit just for this

When you book, say you want to talk about perimenopause or menopause, and ask for a longer slot if one exists.

Don't tack it on to the end of a visit about something else.

MY VERSION

DONE ON

SETUP 3

Write down your family and personal history

Note any history of breast or other cancers, blood clots, stroke, heart disease, osteoporosis and liver disease in you or close relatives, plus every medicine and supplement you take.

These shape which options are open to you.

MY VERSION

DONE ON

SETUP 4

Ask for your baseline numbers

Ask for your blood pressure, cholesterol, A1C and fasting glucose, and whether a bone density scan is due for you.

Keep the results in one note so you can compare them next year.

MY VERSION

DONE ON

SETUP 5

Find a menopause-informed clinician

If your current provider won't discuss options, look for one with menopause training.

In the US, The Menopause Society lists certified practitioners; other countries have similar registers.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Lift something heavy twice a week

Do two strength sessions a week that work your legs, back and arms until the last few reps feel hard.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Put protein on every plate

Build each meal around a protein source, and have some after strength training.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Log changes once a week

Every Sunday, spend two minutes noting your cycle, sleep and the symptoms that bothered you most.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
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30 ○						

December 2026

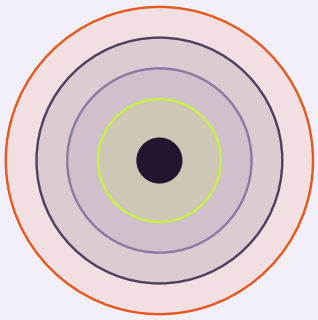
MON	TUE	WED	THU	FRI	SAT	SUN
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28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Name every change, bring the list, and expect a real conversation about your options.

HOURLIFE NOTE AFTER MARY CLAIRE HAVER

Read it on- The New Menopause: Navigating Your Path Through Hormonal Change with Purpose, Power, and Facts · The reader's edition line, and vote on the takeaways: hourlife.com/books/the-new-menopause Made November 6, 2026 · HourLife, hourlife.com