



Los Altos

900 N. San Antonio Rd.
Suite 101
Los Altos, CA 94002

Belmont

501-D Old County Rd.
Belmont, CA 94022

healthypelvis.com

References + Product list created by Dr. Tanya Goodrich, PT, DPT

HRT information websites:

[Let's Talk Menopause | Symptoms | Education | Advocacy](#)

[Hot Pause Health](#)

[Menopause.org](#)

[Isswsh.org](#)

[Balance Menopause](#)

Direct to consumer HRT companies:

[Evernow.com](#) (takes insurance in many states)

[Joinmidi.com](#) (takes insurance in most states)

[Pandia Health](#)

[Myalloy.com](#)

Podcasts:

[The Drive with Peter Attia MD and Rachel Rubin MD](#)

[Women Have Been Mislead About Hormones, NYT](#)

[Mel Robbins Podcast with Dr. Mary Claire Haver](#)

[Dr. Louise Newsom Podcast](#)

[Dr. Kelly Casperson with Dr. Jim Simon](#)

[Let's Talk Menopause](#)

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Articles:

[Women Have Been Misled About Menopause NYT 2023](#)

[8 Signs You Are in Perimenopause Times 2024](#)

[Menopause is Finally Going Mainstream. Times Article 2024](#)

[We Can Do Better By Women in Menopause Times Article 2023](#)

[Vaginal Dryness Kills by Dr. Rachel Rubin](#)

[The Magic of Hormones by Dr. Rubin](#)

[I'm 30: Why do I need to think about Menopause?](#)

Books:

[Grown Women Talk by Dr. Sharon Malone](#)

[The Menopause Brain by Dr. Lisa Mosconi](#)

[Estrogen Matters by Dr. Avrum Bluming](#)

[Menopause Manifesto by Dr. Jen Gunter](#)

[The 'Pause Life by Dr. Haver](#)

[Preparing for the Perimenopause and Menopause by Dr. Newsom](#)

[The Menopause Brain by Dr. Lisa Mosconi](#)

SF Bay Area Recs:

[Dr. Anat Sapan MD](#)

[Dr. Stephanie Daniel, DO](#)

[Pandia Menopause](#)

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Osteoporosis:

[Sticks and Stone Org](#)

[London Osteoporosis Clinic](#)

Osteoporosis Podcast: [Why Midlife Women Need A DEXA Scan](#)

Products:

Pelvic Dilator/Vibrator that acts as a warm up before intercourse

<https://www.intimaterose.com/products/vibrating-pelvic-wand>

Lubrication:

Water based

-Good Clean Love

<https://goodcleanlove.com/collections>

-AH! YES WB - Organic Water Based Personal Lubricant with Aloe Vera, pH Matched, Safe for Condoms and Toys

Oil based

AH! YES OB - Natural Plant Oil Based Personal Lubricant

<https://helloplayground.com/>

Silicone based

Uberlube

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