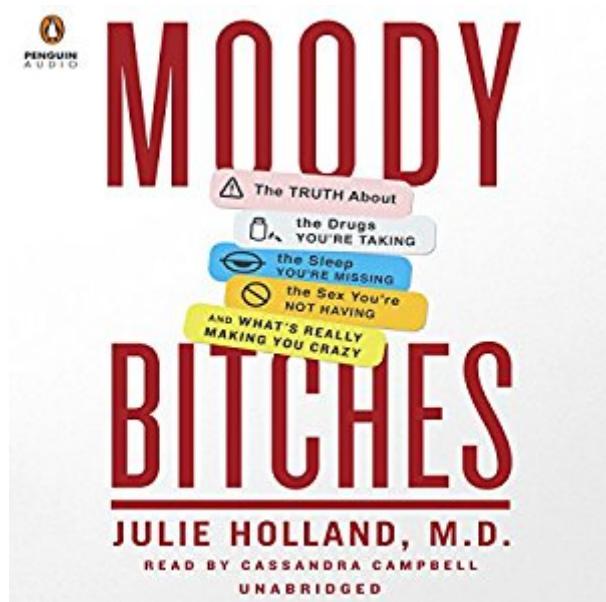


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# Moody Bitches: The Truth About The Drugs You're Taking, The Sex You're Not Having, The Sleep You're Missing And What's Really Making You Feel Crazy



## Synopsis

A groundbreaking health guide for women of all ages that shows women's inherent moodiness is a strength, not a weakness, and medication is not always the answer. Women are leaders, breadwinners, and caregivers. We're leaning in so much we're about to fall over. To take the edge off, many women pop a pill, eat something sugary, have a drink, or spend mindless time online. These activities quickly become patterns that take an enormous toll on women's bodies and natural hormonal balance. Women are made to be moody and, according to Dr. Holland, that's a strength - not a weakness. Our culture tells us otherwise, but when used properly, moodiness is power. By design, our hormones ebb and flow over a 28-day cycle and wax and wane over decades of fertility. Women are naturally emotional and empathetic because of these fluctuations and our evolutionary role as caretakers. Our moods govern our reproductive cycle, but they are also a smart feedback system. They let us know when our bodies are primed to tackle different challenges and when we should be alert to developing problems. But millions of American women are medicating away their hormones because the culture says that moodiness is a problem to be fixed. One in four American women takes a psychiatric drug, be it an antidepressant, antipsychotic, or antianxiety medication. If you add sleeping pills to the mix, the statistics become considerably higher. In major metropolitan areas, the number of medicated women doubles. Medicating away our natural moods can have devastating consequences for women in many areas of their lives: sex, relationships, sleep, eating, focus, balance, and aging. Unnecessary prescription drug use introduces a host of problems into these basic activities. Dr. Julie Holland knows there is a better way. She's been sharing her frank and funny wisdom with her patients for years, and in *Moody Bitches* Dr. Holland offers readers insider information about the pros and cons of the drugs they're being offered, as well as some surprising and highly effective, individual, natural therapies that can help them press the reset button in their own bodies and minds. In the tradition of *Our Bodies, Our Selves*, this groundbreaking guide for all ages will forge a much needed new path in women's health - and offer women invaluable information on how to be better, more balanced bitches at every stage of life.

## Book Information

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## **Customer Reviews**

MOODY BITCHES is an eclectic potpourri of sound medical advice, holistic guidance, common sense and psychiatrist Dr. Julie Holland's personal recommendations in regard to women's health. Comprehensive, explanatory and practical, but not always in-depth, it is a valuable overview of most of the common physical and psychological issues women face approaching and experiencing menopause - with many suggestions for coping. The first two sections of MOODY BITCHES discuss moods, love, marriage, sex, motherhood and perimenopause. The substantial third section, "The Moody Bitches' Survival Guide" provides medical information and guidance pertaining to inflammation, food, sleep, sex, embodiment, downtime, and "Staying Sane in an Insane World." For me, the most valuable facet of the book was the 42 page appendix - a guide to selected drugs. Here, Dr. Holland provides an informative discussion of specific antidepressants, stimulants, anti-anxiety drugs, mood stabilizers, prosexual medications, appetite suppressants, and both prescription and nonprescription sleep aids. Although I am in my 60s and entered menopause early due to a hysterectomy, I found much of the information and guidance in this highly readable book to be helpful and many of the facts presented to be quite interesting. A lot of it I knew already, but the new pointers I gained were particularly valuable. Did you know, for example that when under the influence of ambien, you do not create new memories, and may be inclined to wake after only about 3 hours sleep? That both human and bonobo females have pelvises tilted forward to facilitate face-to-face sex? That the SSRI zoloft is known for significantly lowering libido?

I'm always thrilled to find a book written by a physician holding a holistic perspective, and this one truly fits the bill. The opening introduction immediately informs women that their traits they've considered faults (and that they've been told are faults by others) are actually a source of their power. Moodiness that is dynamic and cyclical is natural to us and part of what gives us a stronger perception of our environment, the ability to pick up on nuances and deeper meaning and also the

flexibility and adaptability necessary to survival. As she states, being static is not conducive to surviving in a changing situation, being dynamic, sensitive, fluid and flexible is what allows responsiveness to the cues around us that guides our inner wisdom. Women for centuries have been told they need to conform to a more static, masculine ideal of how to be, essentially pathologizing this natural, innate sensitivity and feminine wisdom that we all hold. Hysteria is one of the pathologizing labels assigned to our natural moodiness in the not so distant past. While not always blatantly labeled now days, unfortunately the idea still exists and women feel bad about this natural part of themselves seeing it as a weakness or fault. Reading this book is a great support for moving away from such beliefs and towards a more holistic, affirming self concept for women. The author describes her book as integrating timeless wisdom with today's science. Discussing the normal hormonal fluctuations of women that occur monthly as well as over a lifetime. It also discusses what can interfere with our normal hormonal fluctuations and what women can do to prevent, decrease or resolve these interferences.

I had mixed feelings about this book. The first half of the book discusses love and desire and hormones; in short, romantic longing and our search for fulfillment, told from the body's point of view, with lots of information about hormones and interactions between them, as well as effects of medications like SSRI's, contraceptives, etc. on all of that. She asserts that to a large degree, our behavior in searching for a mate is driven by hormones and other bodily functions that we are not very aware of. She supplies pages of endnotes to back up her reasoning. The second half offers a tremendous, possibly overwhelming amount of health advice, some of which is useful and/or familiar (being in nature can teach us stillness and peace; kids with ADHD need to get outside and move; gluten and dairy and sugar are bad for us, but eating a little bit mindfully is good; exercise is as effective as antidepressants in some situations; we need real human contact, as opposed to the relationships we maintain through technology; sleep is crucial for many reasons, and melatonin helps; etc.) and some a bit startling and expressed in words that could be offputting to some: "exercise grows your brain..." (all good!) "and obesity can cause the kind of inflammation that interferes with learning, making you stupid." She lists fibromyalgia among psychiatric diagnoses, repeatedly tells us to indulge in cannabis for its anti-inflammatory effects, and tells stories of the improved cognitive functioning on a cardio regimen vs. rats after liposuction (rats on liposuction?) referring to rats with the liposuctioned fat reinjected as "fatheads." I learned about "Cooper's droopers," the estrogenlike aspects of BHA in plastics and lots more.

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