

HORMONE REPLACEMENT THERAPY (HRT)



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Dr. Anita Sadaty is a board-certified Obstetrician-Gynecologist and founder of Redefining Health Medical, a women's health medical practice in Roslyn, NY. She is an Attending Physician at the Northwell Health System and an Assistant Clinical Professor at Hofstra Medical School. She attended medical school at Cornell University Medical College graduating with honors as a member of Alpha Omega Alpha Society.



See Ya Later, Ovulator!

By Esther Blum

[@gorgeousesther](https://www.instagram.com/gorgeousesther)

See Ya Later, Ovulator! delivers the great news that, yes, you can master your menopause with nutrition, hormones, gut health, and self-advocacy. Esther Blum guides you through menopause with her empowering and strategic roadmap.

The Hormone Cure

By Sara Gottfried

[@saragottfriedmd](https://www.instagram.com/saragottfriedmd)

The Hormone Cure demonstrates how balancing your hormones can cure underlying health issues and result in restored sleep, greater energy, improved mood, easy weight loss, increased productivity, and many more benefits.

The New Menopause

By Mary Claire Haver

[@drmaryclaire](https://www.instagram.com/drmaryclaire)

Filling a gaping hole in menopause care, everything you need to know to thrive during the hormonal transition and beyond, as well as the tools to help you take charge of your health at this pivotal life stage.

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The Swell

We're a fast-growing community for the 40-plus that is hellbent on reimagining how we age.

Perry Menopausal Expert Community

A space for women to support women through menopause.



Alloy

Alloy delivers medication and care for your menopause journey.

FemGevity

FemGevity offers menopause symptom relief and longevity-focused healthcare solutions.

Evernow

Online care and personalized support in perimenopause, menopause, and beyond.

Midi Health

The virtual care clinic created by specialists in perimenopause and menopause.



Esther Blum Podcasts

These powerful and life-changing podcasts will teach you how to fix your hormones and gut health, sleep like a rockstar, manage your stress, lose weight, and transform your health and your life!



Me.No.Pause. by Womaness

Take on menopause's toughest symptoms – hot flashes and night sweats, vaginal dryness, memory and mood – with this hormone-free, clinically studied ingredients and doctor-approved supplement.



North American Menopause Society

The 'Pause Life with Dr. Mary Claire Haver