



## MOTHER'S TESTIMONIALS

"I just watched 'Discovering the Dynamic Menstrual Cycle' with my teenage daughter. We both agreed that it was very informative and a terrific learning-tool. I enjoyed sharing this special moment with my daughter, and learning about the extraordinary potential of the female anatomy with her. Thank you for sharing your amazing CD with us." *Cindi Baum & daughter*

"As a mother, I feel that Joan's tutorial will be helpful in teaching my daughter about her body and her menstrual cycle, as well as providing a life-long reference for any questions that I might have." *Susan, mother of a 5th grader*

"The menstrual cycle module presented by Women's Health Dynamics is helpful and informative. They have taken a human function, that most people know the basic concept of, and presented the information in great depth so that we learn more than we knew before. Best of all, the information is presented in such a way that is easy to understand. This would be a great tool to use within our schools for our young girls to learn about their bodies." *Amy Ernst*

My teenage daughter and I were very impressed by Joan Moon's module. It is a wonderful way to teach our daughters more about this naturally occurring event. The module can help them better understand what happens to their bodies as they begin to enter puberty. I know that I learned a good deal of information of which I was not aware. Joan's presentation is well executed and easy to understand. I would highly recommend this great resource of information. *Keri C.*

"A Woman's World: Discovering the Dynamic Menstrual Cycle" is a terrific educational tool. So many of us are never truly taught about our own bodies - and the amazing network of hormones and systems that orchestrate like a symphony to keep us healthy. It doesn't occur to us how strong of a role the brain plays in keeping us "in tune". This module shows clearly how each instrument must work together to create harmony within ourselves. *Elizabeth*





## ACADEMIA TESTIMONIALS

"A Woman's World is an excellent resource for women of all ages. Dr. Moon has used her creativity to make the physiology of the female reproductive system tangible, logical, and interactive."

Alison Moriarty Daley, MSN, APRN, PNP-BC Associate Professor, Yale University School of Nursing

"Fantastic and detailed yet easy tool to learn the ways of the menstrual cycle."

Lisa Sagnella, RN, SPNP  
Yale University School of Nursing  
Master's Program, Pediatric Nurse Practitioner Specialty

"Nurse-midwife Joan Moon and colleagues have created a graphically amazing, engaging, and informative computer-based module that creates a feeling of awe and empowerment in the woman viewer."

Jerilynn C. Prior MD, FRCPC  
Professor of Endocrinology at the University of British Columbia  
Scientific Director of the Centre for Menstrual Cycle & Ovulation Research

"From my perspective - The benefit of the menstrual cycle module is that it provides students a learning activity on our web-assisted course site. This activity aligns with a program interest in using technology to enhance learning. The module also provides a way for students to access the content throughout the semester – they can access it anytime for learning, review or to prepare for exams as opposed to the usual 'one-time' only delivery of a lecture."

Carolyn (Carrie) J. Lee, Ph.D, CNE, RN  
Associate Professor of Nursing, University of Toledo College of Nursing



"It's a very accessible and understandable presentation of difficult material. It also does a fantastic job of highlighting the importance of the menstrual cycle as related to health. A wonderful resource for healthcare providers, and for women who want to understand more about themselves!"

Katherine Magoon, RN, SPNP  
Yale University School of Nursing

"The CDs are awesome! The information is clearly and artistically presented with an opportunity for fun interactive learning. They should be a welcome addition to teachers, care providers and women of all ages but particularly to mothers who have difficulty explaining to their children the wonders of the magnificent but complex natural design of the female body."

Kitty Ernst, CNM, MPH, DSc (hon) Past President, American College  
of Nurse Midwives Founder of American Association of Birth Centers

## PROFESSIONAL PRACTITIONERS TESTIMONIALS

Dr. Moon has taken a complex subject (the female menstrual cycle) and made it understandable (and therefore accessible) to millions of women. A very useful tool for practitioners of Women's Health, and women themselves.

Kathryn D.K. Kohler, M.D.  
Green Valley AZ

In a world, where for centuries, the physiology, anatomy and life giving essence of a woman's life have been considered 'unclean,' 'evil,' 'dangerous,' and 'despised', Joan Moon has, with clear science, grace and dignity, allowed us to see who we really are and reclaim the joy and beauty of being a woman. This is like a breath of clean fresh air and it is time for us to breathe it in deeply.

Gladys Taylor McGarey M.D.