

# About the Author of *The Hormone Survival Guide for Perimenopause*

After the birth of her second baby, nurse practitioner Nisha Jackson experienced significant postpartum depression. “I knew my ‘baby blues’ were hormonal,” she says, “but I wanted more answers on how to treat it other than the usual birth control pills and Prozac. I wanted to feel well and enjoy my baby, but realized that I needed guidance beyond what I was getting.” She also realized that most of her patients, at one point or another, had hormone-related problems, including depression, fatigue, weight gain, PMS (premenstrual syndrome), low sex drive, and early menopause symptoms.

Following intensive independent study, numerous professional workshops and seminars led by prominent hormonal specialists, and working with more than 10,000 women in the area of hormonal imbalances, Dr. Jackson developed a specialty practice focusing on diagnosing, testing, and treating female hormonal imbalances. She remains in contact with women across the country through her public appearances, lectures, symposia, and workshops.

Her personal magnetism translates into electricity between her and audiences as she lectures around the nation and hosts her call-in radio show. Quick and authoritative, Dr. Jackson brings life and passion to the medical topics addressed in her writing, lectures, and talk shows. Her dynamic, down-to-earth style captures audiences and involves them on a personal level. Dr. Jackson possesses the gift of putting people at ease while at the same time challenging them toward better health. She is a charismatic messenger who leaves her audiences motivated and hungry for more information.



Photo by Christopher Briscoe

“I am passionate about helping women understand their options and realize that they do not need to live with symptoms of hormonal imbalance. I know that with careful testing and treatment, just about any woman’s symptoms can be relieved safely and effectively.”

**Nisha Jackson**  
Ph.D., M.S., W.N.P.

Dr. Jackson is the owner of Southern Oregon Health and Wellness, P.C., a practice dedicated to hormonal health. She is also the owner of Body Analysis Clinic, Inc., a medical weight management center. Having specialized in women’s health since 1991, Dr. Jackson has dedicated her practice to hormonal wellness, helping both women and men improve their lives through hormonal balance. She is a radio and TV personality, author, national lecturer, spokesperson, and women’s health advocate.

Nisha Jackson hosts a call-in show Monday through Thursday mornings from 8:30 to 9:00 on radio station KDOV 91.7 FM, broadcast throughout southern Oregon and northern California.

She also presents a weekly “Health Tips” feature during the Wednesday evening news on NEWS10, the CBS affiliate in Medford, Oregon.



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