

Elul 5780 August 2020

BS"D

The King is in the Field

Dear Friends,

Chodesh tov, and b'sorot tovo. Right at the onset of Elul, we were extremely saddened by the passing of HaGaon HaRav Zalman Nechemia Goldberg of Yerushalayim. Known as Reb Zalman Nechemia, he was a pillar for Tahareinu - providing individualized psak for couples in need, and encouraging us to unquestionably promote our services for the greater good. Five years ago, Reb Zalman Nechemia was one of the key speakers at a Tahareinu (then Torat HaMishpacha) conference for 500 Rabbanim, after which he recommended we speak to the Rabbanut about disseminating our information to keep more Yidden on the tahara path. B"H the Rabbanut was very receptive and since then our materials are distributed in mikvaot across Eretz Yisrael.



Baruch Dayan HaEmet

"It is no question that we are all obligated to support Rabbi Melber and his wonderful organization Tahareinu, and to publicize by all means available the huge benefits of his actions, so that those in need will know where to turn and whom to contact."

—HaGaon HaRav Zalman Nechemia Goldberg, ztz"l

Av Beis Din, Hayoshor V'Hatov
Member of Supreme Rabbinical Court, Jerusalem

Lehavdil, we take this opportunity to wish you and yours an effective preparatory month of Elul, toward a Shana Tovah - healthy, happy, with yiras Shamayim for all.

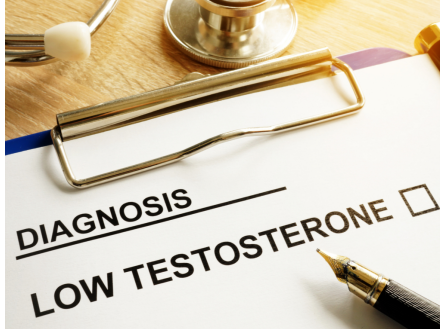
Read below for all updates.

Yours,
Rabbi Yitzchok and Mrs. Chaya Melber
Tahareinu Founders and Directors

Pictured Above: HaGaon HaRav Zalman Nechemia Goldberg ztz"l with HaRav Yitzchok Melber

A New Solution for Difficult Menopause Symptoms

Pre-menopausal or menopausal women commonly



experience low energy, decreased intimacy desire, and emotional downturns. This can be difficult on the woman and on the marriage. Medically, these symptoms are usually treated by prescribing antidepressants or estrogen, however recently another angle has been brought to the fore as a solution: testosterone. While testosterone is associated predominantly with men, women also have this hormone, and its level drops during

perimenopause, the years leading up to menopause.

Research on these therapies is published by the world-renowned International Menopause Society (IMS). Interested in the details? Watch the IMS webinar on testosterone replacement therapy [here](#).

Prescribing testosterone for perimenopause and menopause is a relatively new concept, and is attractive because it is not associated with any side effects. If you experience symptoms which could be relieved by testosterone, speak to Tahareinu or your gynecologist.

Neuropelveology Surgery Can Solve Some Endo Pain

Finally, some women with endometriosis are receiving pain relief from a specific surgery - pain relief no one else could offer. Their pain is caused by tissue pressuring a nerve and can be referred to areas even beyond the pelvis, affecting every day life oftentimes to the point of dysfunction.



The discipline for pelvic nerve dysfunction is called neuropelveology, pioneered by Professor Marc Possover, Director of the [Possover International Medical Center](#) in Zurich. In Israel, Dr. Shlomi Cohen-Elion manages these cases at [The Multidisciplinary Center for Chronic Pelvic Pain and Neuropelveology](#) (Hebrew link), a gynecology clinic at the Sheba Tel HaShomer Hospital. The clinic performs laparoscopic surgery to remove the pressuring tissue from the pained nerve, finally providing a woman the relief she sought, sometimes for years. The clinic's services continue through post-surgery recovery, and are covered by the Israeli national health system's kupot cholim.

Many women's pelvic or other pain is misdiagnosed when the condition is actually endometriosis. If you know any woman with chronic pelvic or other pain, contact Tahareinu for more information.

Corona - Straight Through Bein HaZmanim



With everything going on nowadays, and especially with so much uncertainty, we at Tahareinu take pride in being able to continue our mission to **be there for you**.

Due to the increased need and vulnerability during these coronavirus

times, we **kept our hotline open during** the whole of Bein HaZmanim, whereas, like many organizations, we are usually on vacation during that time. Our Hotline Advisors continued their shifts through the entire weeks of Av, out of pure mesiros nefesh - **hakaras hatov to our advisors!**

We are pleased to have such a zechus to keep helping so many people solve fertility, tahara, and other reproductive health problems. Starting during Corona, the number of hotline calls nearly doubled, and has consistently remained at that level - **100-150 calls PER DAY on average**, especially dealing with fertility procedures and questions during these times.

Got a question? Call the Tahareinu [Hotline](#).



BE TAHAREINU CERTIFIED

Following the overwhelming success of the first course this summer...

Next Certification Course Begins After Sukkos

**If you work with people
struggling with problems with
tahara, fertility, and reproductive health**

**EMPOWER THEM
TO MOVE FROM
PROBLEM TO SOLUTION**

Learn about the latest medical innovations.

Provide people you know
the effective guidance they truly need
to overcome daily battles.

**Help your community members
restore simcha.**

ANSWER THEIR REAL QUESTIONS

The Tahareinu Certification Course is geared for

- Rabbis and Rebbetzins
- Chasson and Kallah Teachers
- Mikveh Attendants and Bodekets
- OBs, GYNs and Nurses Working with Frum Couples

Topics broadly and diversely cover the following:

- AUB - Abnormal Uterine Bleeding
- Contraception, Fertility & Tahara
- MIGS - Minimally Invasive Gynecology Surgery
- Gynecological Diseases & Tahara
- Pregnancy, Miscarriage & RPL (Recurrent Pregnancy Loss)
 - Menopause and Tahara
 - Hormones & Conditions
- Intimacy Dysfunction (Male/Female)
- A survey of innovative medical treatments in endoscopy, endocrinology, genetics, gynecology, obstetrics and more.

Men's Course taught by Rabbi Yitzchok Melber, שליט"א, President and Founder of Tahareinu International

Women's Course taught by Mrs. Chaya Melber, Founder of Tahareinu's International Hotline

Live webinars with phone-in option. Sessions recorded for participants only.

Signed certificate upon completion of the course.

Register by September 30, 2020 and receive \$100 off.

REGISTER



Thank You Testimonial

Dear Tahareinu,

I sit here in front of the computer screen thinking of how to express our gratitude to someone we have never even met. We are still in complete shock and cannot believe the tremendous chesed that Hashem has done for us in sending our way such a person to help us start a family. But that is what it means to be part of the Jewish people - caring for one another regardless of whether they've met them before or not. This is something that we inherited from our forefather, Avraham Avinu. His desire to do chesed was so strong that nothing would stop in his way, independent of the surrounding situation.

With the current situation that is taking place in the world today, whereby many have found themselves financially disabled, we never imagined that someone would step forward in the way that you did. This serves as an incredible source of strength for us, and all of those involved, to know that there are such people walking on this earth. I

don't think we'll ever be able to return the favor, but this will always resonate within us and we hope that Hashem will grant us an opportunity to help another Jew when in need.

May it be the will of Hashem that you are always on the giving end and never have to receive from others. You should be given more opportunities to be able to help others and have the means to provide for them as well. Hashem should grant you with longevity, health, and prosperity. Thank you from the bottom of our hearts.

A Couple from Yerushalayim

YOU ARE VITAL

Your support
enables Tahareinu to **help people you know**
with tahara, women's reproductive health, and fertility.

Restore health. Restore simcha.

Contribute.



www.tahareinu.com

