

# Declaration of Independence from Medical Gaslighting

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We, the undersigned women, in full possession of our symptoms, sanity, and Google Scholar, do hereby declare our independence from medical gaslighting in all its forms.

We declare freedom from:

- Being told “everything looks normal” while everything is falling apart
- Being handed antidepressants when our hormones are clearly collapsing
- Being labeled “emotional,” “noncompliant,” or “too sensitive” instead of being heard
- Having our lived experience dismissed by outdated protocols and undertrained providers
- Pretending “stress” is a sufficient diagnosis

We hold these truths to be self-evident:

- That women are biologically distinct—not biologically defective
  - That perimenopause is not a personality disorder
  - That “normal labs” are not a medical diagnosis
  - That symptoms are **data**, not drama
  - And that **being believed should not depend on how calm, pretty, or compliant we are while being dismissed**
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**We submit the following into evidence:**

“Estrogen is a neuroprotective hormone. When it drops, the brain changes—and we can see it on scans.”

— [Dr. Lisa Mosconi](#), PhD, author of *The XX Brain*

“Women are not small men™. We require female-specific protocols in training, recovery, and health.”

— [Dr. Stacy Sims](#), PhD, author of *Roar*

“A woman’s hormonal rhythm affects every system in her body. Timing matters.”

— [Dr. Mindy Pelz](#), author of *Fast Like a Girl*

“We’re not taught this. We don’t learn about perimenopause in medical school. And that needs to change.”

— [Dr. Mary Claire Haver](#), MD, author of *The New Menopause*

“Gaslighting is when someone—or something—convinces you to doubt your own reality. In medicine, it causes real harm.”

— [Dr. Ramani Durvasula](#), PhD, Clinical Psychologist, Narcissism & Systems Expert

“Informed consent is impossible if the information doesn’t exist—or is withheld.”

— *The Myth of Women’s Medicine*, Reason Rebellion

## And We Further Declare:

- That we are **not invisible**, irrelevant, or expired at midlife
- That we reject all narratives that cancel women after age 50
- That **we hereby cancel being canceled**

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We are not angry. We are **informed**.

We are not confused. We are **connected**.

We are not alone. We are **a rebellion**.

And we are done pretending otherwise.

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**Sign the declaration. Download the brief. Share it with your doctor.**

👉 [reasonrebellion.com/declaration](https://reasonrebellion.com/declaration)