

Declaration of Independence from Medical Gaslighting

Issued by The Reason Rebellion
August 26 – Women’s Equality Day

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- Having our lived experience dismissed by outdated protocols and undertrained providers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**

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.

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

👉 reasonrebellion.com/declaration