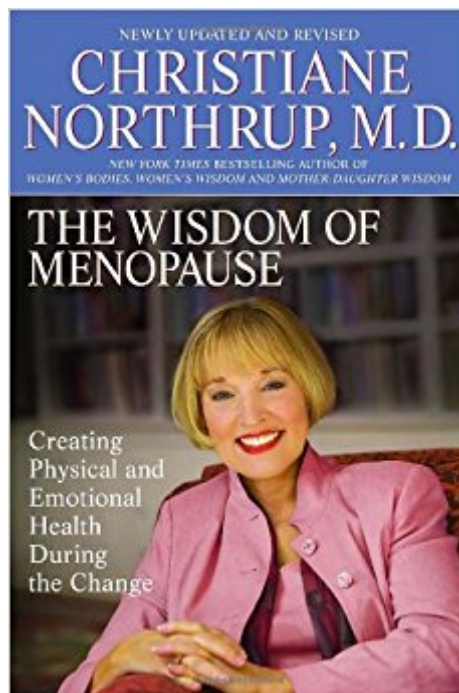




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# The Wisdom Of Menopause: Creating Physical And Emotional Health And Healing During The Change



## Synopsis

Through her bestselling books, groundbreaking PBS specials, and up-to-the-minute clinical knowledge, Dr. Christiane Northrup has earned a place as one of America's most trusted medical advisors. In *The Wisdom of Menopause*, she once again challenges convention with this inspiring look at one of the most commonly misunderstood female health issues. The "exchange" is not simply a collection of physical symptoms to be "fixed," Dr. Northrup claims, but a mind/body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now "from the quality of her relationships to the quality of her diet" have the power to secure her health and well-being for the rest of her life. Through her personal story and many fascinating case histories, Dr. Northrup shows:

- How menopause jump-starts changes in the brain, issuing a dramatic wake-up call to body, mind, and emotions
- How to ensure the long-term health of breasts, bones, and heart
- How the body adjusts naturally to changing hormones
- Why bestselling drugs like Premarin may not be the best choice
- How to deal with metabolism shifts, weight gain, sexual problems, and appearance issues
- How to negotiate the challenges of "the empty nest" and midlife marriage

And much more. In a book destined to be a classic, Dr. Northrup shows women how they can make menopause a time of personal empowerment and positive energy "emerging wiser, healthier, and stronger in both mind and body than ever before. From the Trade Paperback edition.

## Book Information

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## Customer Reviews

"Northrup writes from experience and, more important, from her professional expertise as a

physician who has treated many women and researched menopause. The specific medical advice on sleep, diet, breast health and the empowerment motif will bring insight, comfort and confidence to women embarked on 'the change.'"â "Publishers Weekly

Christiane Northrup, M.D., trained at Dartmouth Medical School and Tufts New England Medical Center before cofounding the Women to Women health care center in Yarmouth, Maine, which became a model for women's clinics nationwide. Board certified in obstetrics and gynecology, she is past president of the American Holistic Medical Association and an internationally recognized authority on women's health and healing.

I first came across Dr. Christine Northrup while channel surfing in a hotel room. PBS was showing their special that bears the book's title. I was fascinated by what she was sharing because it is consistent with the health principles and healthy lifestyle that I subscribe to. Her background, experience and training as an MD add credibility to what she presents in the book. Given the mass deception and ignorance of many in the population when it comes to healthy living, I was particularly pleased to see a medical doctor approach the topic from a woman's point of view. Everyone needs to be educated about healthy living. That is the first step to controlling the exorbitant health care cost and vulnerability to all types of ailments for both men and women. I have watched the accompanying video several times and am reading the book. I have given several copies of the book to my friends. If you're woman, young, maturing or matured, I highly recommend this book as a resource for healthy living.

This is an excellent book. I'm 50 and don't really have menopausal signs yet but I really did not like the prospect of losing my fertility, even if I have no wish for more children. I read this book on the recommendation of a friend and I now have a good idea of what I can expect. I feel relieved. Menopause is not so much the end of something, it is the beginning of something else! A phase of life that can be more fulfilling for yourself than anything you've experienced before. From nurturing and taking care of others to arriving at a true understanding of who you are and attaining personal fulfillment. The book is solid on traditional western health science but also open to holistic and alternative medicine (which is not really my thing, but I keep an open mind and I do not find it irritating). There is a lot of helpful information about diet, general health, sexuality, gynaecological conditions, relationships etc. It is well written and respectful towards women without being whiny or onesidedly feministic. I recommend it strongly

This book is very informative to every woman before, during and after menopause. Great information and helpful suggestions for menopause symptoms.

Nobody explains these things to a guy - what menopause really does physically and psychologically. The first times I heard about were as a preteen through humor such as in jokes inserted into movies and sitcom. For me this book was like research. I had several aha moments, with recognition what menopause is and wondering why it's given so little attention.

"The Wisdom of Menopause" may be updated to incorporate current meds or holistic approaches to wellness, but the most essential information to understanding the impact menopause has on your physical, spiritual and emotional well-being will never be outdated. I've recommended and purchased this book for many friends due to the keen understanding Dr. Northrop possesses and the freedom her advice provides when heeded. Not one who I've spoken to after reading this eye opening book of wisdom's first few chapters has failed to express the emotional release they experienced when they saw themselves unveiled and discovered there is a way to alter their future comfort and happiness.

great book!

I chose this rating as she touched on every fiber of a woman's story. For me, the experience has not been a good one, to say the least. However, it brought some insight on how we choose to deal with it. I have always been a negative person, so this experience has been negative. But after reading her book, I now have the tools I need to try and move forward, and create a more positive outlook, whatever my outcome may be. The one thing I want to stress the most, is don't isolate yourself while going through menopause. Talk to someone whether it be a friend, a sister, your mother, or a licensed professional. Isolation is the worse thing to do.

When I went into menopause my physician told me to buy this book, said it would pass and sent me on my way. I was angry with him for letting me leave with nothing but the name of a book to alleviate night sweats, hot flashes, mood swings, etc. I eventually found my own path to dealing with symptoms and this book has been a fantastic reference for me through the years.

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