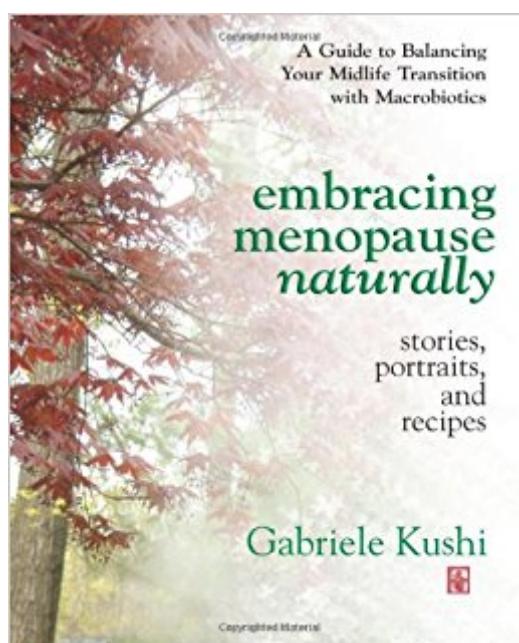


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# Embracing Menopause Naturally: Stories, Portraits, And Recipes



## **Synopsis**

We are familiar with its symptoms: hot flashes, night sweats, and more. While menopause triggers physical changes, it also brings forth spiritual issues that, for many women, mark a redefinition of the feminine self. To address the impact of menopause, Gabriele Kushi has created a practical guide to dealing with this special time. The author first provides a clear understanding of the overall process of menopause, from biological changes to emotional challenges. She then offers research-based nutritional guidelines that can help relieve menopausal symptoms, as well as healthful kitchen-tested recipes based on a natural foods diet. However, it is the stories and portraits of twenty menopausal women that are the heart and soul of the book. Here is a true companion for any woman who wants to nurture her own spiritual growth, adopt a natural foods diet, and enjoy good health throughout the midlife years.

## **Book Information**

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## **Customer Reviews**

"Women facing midlife changes are likely to find *Embracing Menopause Naturally* useful, both for its clear explanation of menopause and for the testimonies of women who have come through the process." (ForeWord Reviews)

Gabriele Kushi is a certified macrobiotics health educator, counselor, and cooking teacher. For more than thirty years, she has helped people from all walks of life become healthier through natural foods and sustainable lifestyles. She has published numerous articles on healing with natural foods, and has spoken about macrobiotics on radio talk shows. A member of the Macrobiotic Educators

Association, Gabriele teaches in Germany and the United States.Â

With "Embracing Menopause Naturally," Gabriele Kushi has created an inspiring work that allows the reader to share the experiences of many amazing women from all walks of life, as they have made their ways through their midlife journeys. How fortunate we are to have the rare opportunity to learn from these wise and open-minded women, to hear their stories and sense a deep camaraderie. Gabriele takes the mystery out of this important stage of life, and gives it the dignity and respect it deserves. She presents simple and clear instructions for minimizing the symptoms of menopause: healthy, supportive macrobiotic recipes, a guidebook and glossary to illuminate any unclear terms and ingredients, along with a hefty dose of heartfelt encouragement!

I thought it was a macrobiotic book going deep into menopause but it's pretty much a memoir of people talking about how they made menopause wonderful.

I would recommend this book to anyone wanting to learn more about this special time of change during a woman's life.

Gabriele's book is awesome. I loved reading about the women's experiences with menopause. I felt supported by their stories and connected to them. It made me feel that my experiences with perimenopause are all okay and that I am not going off the deep end! I loved how she brought all these women into my life to help me through this journey. Their experiences validate mine and help me to learn to enjoy the ride! Thanks Gabriele!

Gabriele has written one of the most lovely of books, even if you are not terribly interested in following a macrobiotic diet. It may convince you however, since the recipes are wonderfully simple, well explained and delicious. The interviews of our sister-elders are perhaps worth the price of the book, even without teaching us how to care for ourselves. Thank You Gabriele for the time and effort to give us the love in this book.

I loved this book. I was pleasantly surprised to find that in addition to learning more about menopause, symptoms and diet, I learned about many cultural and spiritual issues regarding menopause. I believe the enlightening essays interspersed throughout the book will help empower women going through these changes as well as strengthen their bond with women across cultures.

I've already tried some of the recipes and they are easy and yummy! Hey guys, I recommend this book if someone close to you is approaching or going through menopause.

Gabriele Kushi has put much effort and heart into the research and writing of this fabulolus book which is a essential tool for the woman entering and experincing this stage in her life.

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Drawing Tutorials Draw People and Faces from Photographs (How to Draw Faces, How to Draw Lifelike Portraits)

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