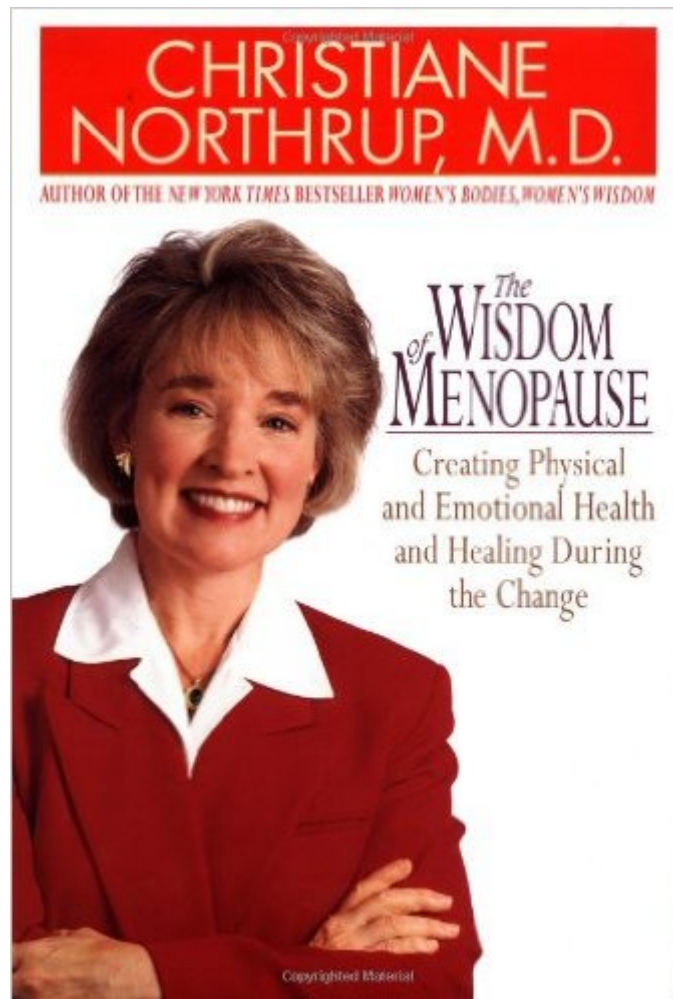


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The Wisdom Of Menopause: Creating Physical And Emotional Health And Healing During The Change



Synopsis

Dr. Christiane Northrup has become one of American women's most trusted medical advisers. In *Women's Bodies, Women's Wisdom*, she broke entirely new ground by demonstrating that women's most common medical problems are often rooted in the basic conditions of their lives -- and that they can return to health by learning to listen to their bodies. She also integrated advanced medical techniques with the best natural remedies, offering readers specific guidance on choosing the right approach for themselves. Now, in *The Wisdom of Menopause*, Dr. Northrup once again challenges convention. "The change" is not simply a collection of physical problems to be "fixed" -- whether with hormones or herbs -- but a mind-body revolution that brings the greatest opportunity for growth since adolescence. This vitally important new book examines the connection between menopause and a woman's emotional and spiritual life. And it stresses how the choices a woman makes now -- from the quality of her relationships to the quality of her diet--either secure her health and well-being for the rest of her life, or put her future at risk. Dr. Northrup draws on her own life-changing experiences -- as well as on many intimate case histories--to explore the transformative power of these years. Readers will learn: * how menopause literally rewires the brain, triggering a shift of priorities from nesting and caretaking to personal growth and equality * how to listen for the wake-up calls inherent in women's cyclic nature, from PMS to SAD to menopausal symptoms* how the body adjusts naturally to changing hormones, and how to make personalized decisions about HRT and alternative supplements* how to rebalance metabolism shifts and prevent middle-age spread* how to deal with the myths and realities of sexual changes and appearance issues* how to prevent long-term health problems such as heart disease, hormone-related cancers, and memory lossCandid and reassuring, *The Wisdom of Menopause* elucidates the changes women should expect from ages 40 to 55, and shows how these changes can be wonderfully life-affirming. Instead of dreading menopause as a time of loss, women will hear the real message their bodies are sending -- that this is a time of personal empowerment and positive energy ... and a time for women to break free and thrive.

Book Information

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Customer Reviews

I do understand why some people have rated this book only one star. The book gets into a lot of areas outside of mainstream medicine. However, I felt most of what she had to say was medically sound. If you are looking for a book that gives only AMA-approved advice, this is NOT the book for you. I think this book is actually quite valuable. Who would benefit from it most are people who want BOTH AMA-approved advice, AND who want to consider things like herbal remedies, acupuncture, and other natural treatments. These discussions are particularly valuable for anyone who cannot take traditional hormone treatments for various reasons--such as if you have deep vein thrombosis (which I do). She covers alternative therapies very well, in depth, and from the perspective of a physician who has had many years experience in trying these natural therapies with patients, and with herself. So, here you can get a POSITIVE physician's viewpoint on alternative therapies. Yes, it's true she discusses her personal life, and I personally enjoyed those parts. It's also true that she sometimes gets readings from Tarot cards, but if something comes out of them, she always checks into those areas which have come up in the readings with traditional medical tests and treatments. If you're not into "nurturing your fibroid," or tarot cards, just ignore those parts of the book. Ignoring these parts was not a problem for me. The important thing is, this book is NOT trying to convert people to new-age treatments. It is seriously discussing a number of alternative therapies, from a medical standpoint, that MANY people have already been using on their own for many years--but these people can't find any doctor who will seriously discuss the merits and demerits of any of these treatments. Furthermore, she DOESN'T concentrate ONLY on these alternative therapies--she discusses all the traditional therapies very well. Should you buy this book? If you are the type of person who is only comfortable with traditional medical advice, you will NOT like this book. Buy another one. If you are someone who is looking for a SERIOUS discussion of alternative therapies, you will think this book is wonderful. I fall primarily in the former camp, but am also open to the latter camp for consideration. I found the book very useful, and felt it was well worth the money I spent on it. The main reason being that it discussed SO MANY MORE aspects of menopause than I ever

would have dreamed of thinking about!! It is not a book you can sit down and read cover-to-cover. It has to be read slowly, and digested. After reading this book and another one, I went to see my doctor with a list of pre-prepared questions, and he said I was the best-informed patient he had ever had (here in Morocco). I suggest that you DO buy this book, but you might want one or two other books which cover different aspects of the menopause transition. The other book I chose was a paperback called "The Silent Passage," and between the two books, I feel very satisfied.

This book was recommended to me by a holistic therapist when I was talking about all the chaos that has descended into my life. She said that "it's part of menopause" and referred this book. She was so right. From the moment I started reading it, I started identifying with a lot of the things that she was saying. In reading many of the other reviews, I feel that most of the one star people never got beyond the first few chapters. They never saw the in-depth discussions on building bones, the discussions on why you start gaining weight even though you haven't changed your diet or exercise, or the discussion of heart health. They were turned off by her discussions of her personal life and experience...everyone of which mentioned the tarot card references which were such a small part and only mentioned in the beginning! I thought it made her more human. Nor did I feel she was telling us to ditch everyone in our lives. What I picked up and what I really do feel is important is that we need to constantly reevaluate our lives, keep what IS working and change (not necessarily discard) what isn't and unfortunately, most of us don't do that till our lives go haywire. Menopause is a major haywire occurrence. One of the things that drew me to the book and her attitude is that she approaches everything from an 'understand what is happening, understand your options, decide what is best for you' point of view. In particular, in this 'here take a pill for that' world we live in, her change your lifestyle first and if that doesn't work, then let's look at the medication and surgical answers was very refreshing. Menopause is so much more than hot flashes and night sweats and to have one book that goes into all the health issues (physical, mental, and emotional) that we face in this stage of our lives was extremely helpful to me. I highly recommend this book...and if you don't want to hear about her personal experiences, skip Chapter 1, and only want to deal with the medical part, start with Chapter 4.

This book is highly readable and packed with information about menopause, and perimenopause. However, if you already own or have read Northrup's "Women's Bodies, Women's Wisdom", or if you subscribe to her newsletter, or if you've read Dr. John Lee's "What your Doctor may not tell you about Menopause", then you can save your money and skip this book. Most of the information

contained in this book can be found in the other sources mentioned. Especially if you want more info natural progesterone -- read Dr Lee's books. Northrup takes a stronger "new-agey" tone in this book than in her previous one. The Tarot and astrology references, while not repugnant to me, got a little tiring. If this book had been my first encounter with Northrup, I think I might have been turned off to her message.

I had to comment, because our magazine, The Pulse of Oriental Medicine, has received several "heads ups" about some advice Christiane gave... she suggested taking the Chinese patent herb remedy "Yunnan Baiyao" before surgery. I and other Chinese Medical experts believe this is an extremely risky idea. #1- Yunnan Baiyao stops bleeding... it affects wound-healing. Herbs of this type can have life-threatening interactions with some drugs. #2- Because of #1, Yunnan Baiyao could alter your response to procedures or drugs, placing your surgeon in an unfamiliar medical landscape, especially if he/she doesn't know you've taken the herbs. Even if they did, not enough is known about how it might interact with the drugs administered before and during surgery. Don't risk it! Christian says that the patent "has been used successfully" in this way. There is no reference or source for this. I have no idea what made her think this was a good idea, and she doesn't tell us.

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