

## The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change

By Christiane Northrup M.D.

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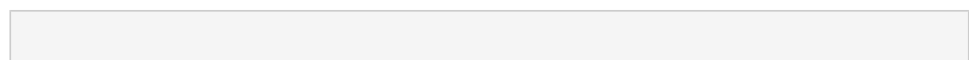
### **The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change** By Christiane Northrup M.D.

Dr. Christiane Northrup's #1 *New York Times* bestseller *The Wisdom of Menopause* has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the “change” is not simply a collection of physical symptoms to be “fixed,” 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 vibrant health and well-being for the rest of her life.

Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes

- a new section on sex after 50—and how, if need be, you can rejuvenate your sex life
- updated mammogram guidelines—and how thermography improves breast health
- the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes
- dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity
- all you need to know about perimenopause and why it's critical to your well-being
- a vital program for ensuring pelvic health during and after menopause
- strategies to combat osteoporosis and strengthen bones for life

With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.



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### Editorial Review

Review

**Praise for the works of Christiane Northrup, M.D.**

#### **The Wisdom of Menopause**

“...One menopause book does rise...above the rest. Now celebrating its 10th anniversary, [*The Wisdom of Menopause*] is the bible of middle-aged womanhood.”—Sandra Tsing Loh, *The Atlantic*

"*The Wisdom of Menopause* offers an honest look at the menopausal transition. This is sometimes painful, sometimes humorous, but never boring. If you are looking for realistic, positive, and constructive solutions to the inevitable challenges of life, then look no further—you have found your sourcebook.”—The North American Menopause Society

“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.’”—*Publishers Weekly*

#### **Women’s Bodies, Women’s Wisdom**

“I recommend *Women’s Bodies, Women’s Wisdom* to all women and also to all men who want to understand and nourish the women in their lives.”—Deepak Chopra, M.D., author of *Reinventing the Body, Resurrecting the Soul*

“A masterpiece for every woman who has an interest in her body, her mind, and her soul.”—Caroline Myss, Ph.D., author of *Defying Gravity*

About the Author

**Christiane Northrup, M.D.**, is also the author of the *New York Times* bestseller *Women’s Bodies, Women’s Wisdom* and *Mother-Daughter Wisdom*, and the host of seven public television specials. A board-certified OB/GYN and past president of the American Holistic Medical Association with more than twenty-five years of clinical and medical teaching experience, Dr. Northrup is a pioneer in the partnership between conventional and complementary medicine. Her work has been featured on *The Oprah Winfrey Show*, *Today*, and *Good Morning America*, among many others. She lives in Maine and is the mother of two adult daughters.

### Users Review

**From reader reviews:**

**Dwight Ambrose:**

The knowledge that you get from *The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change* will be the more deep you excavating the information that hide inside the words the more you get thinking about reading it. It doesn't mean that this book is hard to know but *The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change* giving you joy feeling of reading. The copy writer conveys their point in selected way that can be understood by simply anyone who read it because the author of this reserve is well-known enough. This kind of book also makes your vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We propose you for having this kind of *The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change* instantly.

**Ramon Lopez:**

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**Lillie Rose:**

Playing with family in a very park, coming to see the sea world or hanging out with close friends is thing that usually you have done when you have spare time, after that why you don't try factor that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love *The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change*, it is possible to enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its named reading friends.

**Mark Morrow:**

As a university student exactly feel bored to reading. If their teacher inquired them to go to the library as well as to make summary for some guide, they are complained. Just little students that has reading's spirit or real their pastime. They just do what the professor want, like asked to the library. They go to generally there but nothing reading significantly. Any students feel that studying is not important, boring and can't see colorful pics on there. Yeah, it is being complicated. Book is very important to suit your needs. As we know that on this period, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore this *The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change* can make you truly feel more interested to read.

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