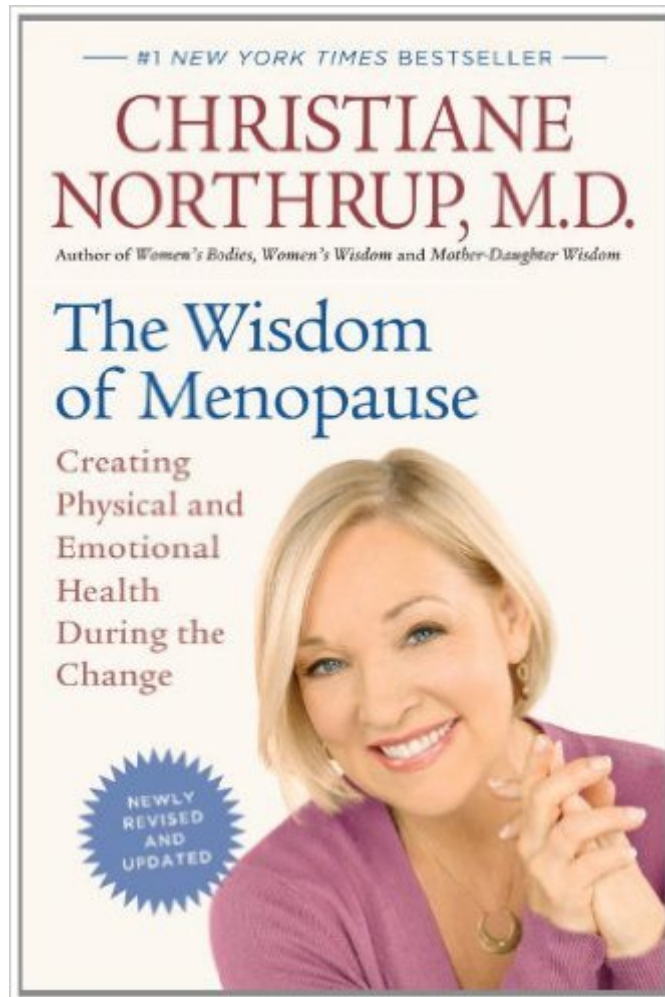


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The Wisdom Of Menopause (Revised Edition): Creating Physical And Emotional Health During The Change



Synopsis

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.

Book Information

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Customer Reviews

The Wisdom of Menopause is THE book on health for midlife women. It covers everything, not just gynecological concerns! In addition to describing the menopausal change and what to do about

hormone replacement, hot flashes, and insomnia, this book will tell you how to keep your breasts and heart healthy, how to diet at midlife, and how to keep your love life hot. This is the third time I've bought this book. The Wisdom of Menopause was first issued in 2001 and then reissued in 2006. Unlike a lot of authors, when Dr. Northrup reissues a book she doesn't just change the cover. She updates her books to include all the newest research and medical choices you need to know about to be healthy in mind, body, and spirit. This edition is no exception. She even explains how to get through your midlife transition happier than you've ever been before. The Wisdom of Menopause is HUGE. Each chapter is practically a book! It quickly became my go-to reference book for health. This book is a must-have for every woman's library! LOVE, LOVE, LOVE!!

One of the many things I've always appreciated about Dr. Northrup's work is that her research and brilliance in the field of women's health is delivered with a large dose of highly personal experience. Her book is rich with inspiring stories taken from her own life and those of her patients. The Wisdom of Menopause is as much her story as it is ours. For those of us trying to retain our sanity while dealing with a medical and pharmaceutical system that sees our reproductive organs only in terms of cancer and profit, this book is priceless. With so many studies put out that conflict (often from industry public relations sources) it is important to have a reliable guide who can inform as well as debunk. Dr. Northrup's ability to sift through the data and separate myth from truth is a godsend. Not only does she give us the right questions to ask when confronting either a discomfort or a diagnosis, but she spends much of the book's 600+ pages on wellness. Thankfully I didn't find those annoying, victimizing "Breast Cancer Awareness" ads here. I found Breast Health advice! Isn't that what we really want to know?? How do I keep these babies healthy?...NOT just how do I diagnose them. And if you should be diagnosed with a cancer you will be given traditional and alternative methods for dealing with it as well as a careful explanation of topics like over-diagnosis of conditions which are not life-threatening. She doesn't just treat the body, her mind-body-emotion approach treats the person. As noted, this book is not just about what can go wrong. She covers diet, exercise, supplements, sex after 50 and the very positive neurological changes that reunite us with the energy and enthusiasm many of us lost after puberty. This isn't the paternalistic medicine you may be used to. It makes you want to take a great big healthy breath of life and she is there encouraging us every step of the way. I've followed her online Hay House Radio program for a few years now. If you still wonder if this book is right for you, give it a listen on Wednesday mornings. You can usually call in and ask her your question in person unless the program is a rebroadcast.

This book was way too long and it took a long time to get to any meat. It read like the author was doing her own personal therapy through the writing of this book. Spent way too much time talking about her personal experience and rectifying the bad choices and unhealthy relationships in her life. Was very surprised since the author is an MD that she spent a lot of time dismissing symptoms - ex. Night Sweats are your soul telling your psyche that you need to tap in to your inner creativity and take charge of your life. (Barf!!) Then a few pages later she would talk about the hormones in such scientific detail that it almost seemed like a split personality was authoring the book. Def not the book for me - as a cancer survivor I have cleansed my life - I just want to know what normal symptoms are - when those symptoms might be more than menopause - what natural treatments might be out there - and just some fun encouraging advice and a humorous story every now and then. If anyone has read a quality book that fits that last description I would take suggestions!

Although I'm not of menopausal age, I always recommend this book to my patients (I am an acupuncturist and Chinese medicine practitioner) having difficulty or discomfort going through this time of divine metamorphosis...and it is through Dr. Northrup's guidance and wisdom that I came to better understand this as a beautiful time in a woman's life that is SACRED. Dr. Northrup's work is so important for all women to be connected with and exposed to....a must read at any age. She helps us understand the wisdom and intuitively significant time this is in a woman's life, in addition to providing us with so much helpful and uplifting information on how to navigate this time medically, psychoemotionally and spiritually. As an act of love and service you should gift this book to your mothers, grandmothers and the women you love in your life. As a woman approaching 40, I also find it a fascinating read. I feel so differently now about what's ahead for me because of the way Dr. Northrup encourages us to see this time as a sacred moment, an expansive moment - not a contraction of womanliness, or health. This is a vital message to get out there to all women. Please do your part for the empowerment of women and women's health by spreading the news about this updated edition and making sure all the women in your life know about this!- Lanshin Chiu, LAc

I found there is way too much talk about herself. It's a good reference book but you have to wade through a lot of useless information to find it.

Too many personal experiences and excuses for failures at the beginning. The chapters at the end of the book with real menopausal advice was good

I wasn't fond of this book, it should have been more in the third person, as the author clearly needed some kind of help to get through her own stuff.

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