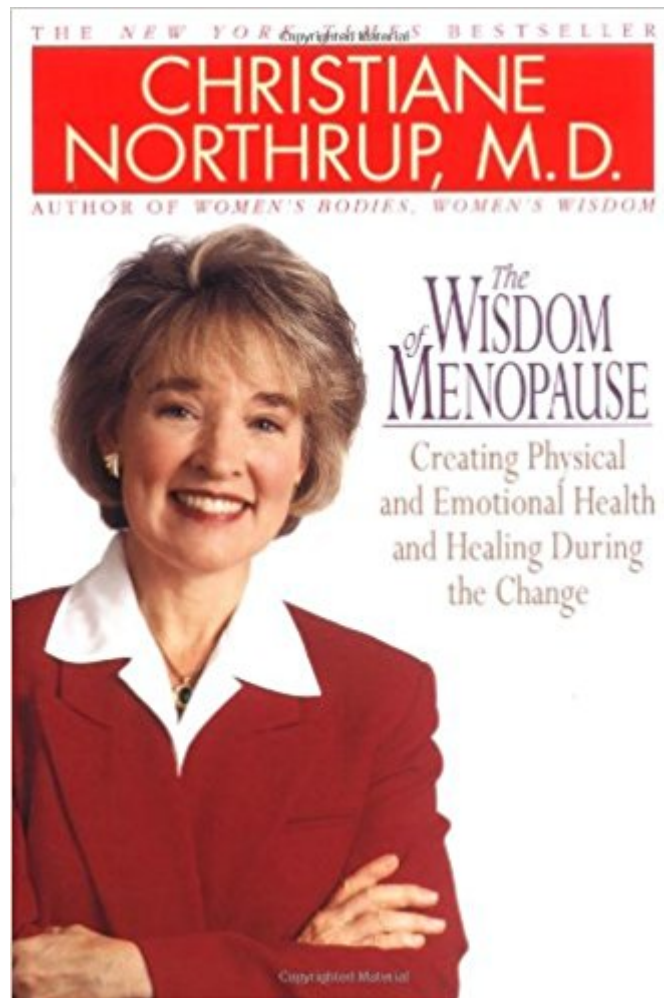


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The Wisdom Of Menopause



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 "change" 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.

Book Information

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Customer Reviews

Menopause doesn't have to be a dreaded curse of aging during which we can look forward only to hot flashes and whacked-out hormonal mood swings. According to Christiane Northrup, M.D. (*Women's Bodies, Women's Wisdom*), menopause often marks the beginning of a woman's most sexually passionate, creatively inspired, and professionally productive phase of life. While this may sound like wishful thinking, Northrup backs up her good news with solid medical expertise. As an obstetrician and gynecologist, Northrup has specialized in using a mind-body approach to women's health for decades, which means she doesn't just write about hormones, but also examines how a woman's lifestyle, emotions, and beliefs are affected by menopause. With the right diet, attitude, and perhaps some supplements along the way, women can actually look forward to a resurgence of energy and a revolutionary opportunity for personal growth--one that rivals the hormonally driven period of adolescence in its scope and urgency, she claims. And yes, at just under 500 pages, *The Wisdom of Menopause* does explain how to have a positive and healthy menopause in concise detail. Northrup has indeed "written the book" on menopause. It helps that Northrup has been through menopause herself (she vowed she wouldn't write a book on it until she was on the other side). Readers have the sense that they are gleaning advice from a knowledgeable holistic doctor as well as a sage aunt whose life was radically altered by the "change of life" (Northrup divorced at the onset of menopause). After she shares her personal story of "the change," Northrup delves into a significant discussion on how self-sacrifice catches up with women in midlife. Suddenly, hormones are directing women out of the caregiver role and into an inwardly focused assessment of life and its meaning, she explains. Resentments (not hormones) are what spur the notorious surges of anger, as women reexamine the agreements surrounding their relationships with colleagues, friends, and family members. From here, Northrup guides readers into a thorough section on menopausal hormone changes--a discussion that is scientifically informative, yet entirely accessible. While acknowledging the need for hormone-replacement therapy and the tremendous relief it can provide (helping to alleviate insomnia, hot flashes, and depression), Northrup encourages women to avoid synthetic hormones and instead consider "bioidentical" hormones (such as estradiol, estrone, and estriol). She also devotes an entire chapter to foods and supplements that support hormonal balance. By the way, she says to skip the wild Mexican yam creams: "they certainly don't provide the documented benefits of progesterone." Be warned: some readers may find the advice in *Wisdom of Menopause* too alternative for their liking. For example, in her discussion on insomnia, one of Northrup's recommendations is to cover the mirror at night, following the ancient Asian design principles of feng shui. (Skeptics will find Northrup's medical assertions carefully cited and footnoted in the rear of her book.) Northrup gives a solid and practical diet plan that supports

hormonal balance while countering the weight gain that so frequently plagues menopausal women ("focus on portion size, not calories," "eat protein at every meal," and cut down on refined and high-carbohydrate foods). Readers can also expect a thorough mind-body discussion in subsequent chapters that cover breast health, bone loss, and cultivating midlife beauty, along with chapters titled "Sex and Menopause: Myths and Reality" and "Creating Pelvic Health and Power." She concludes with a list of mail-order and online resources, such as retailers for bioidentical hormones, progesterone cream, Chinese herbs, soy products, weight-loss audiocassettes, lubricants, and Kegel weights. Northrup takes a truly comprehensive approach to all the effective treatments of menopausal symptoms so that women can make their own highly informed and wise choices. --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

Northrup (Women's Bodies, Women's Wisdom), cofounder of the Women to Women health-care center in Maine, offers a celebratory, "psychospiritual" approach in her comprehensive guide to menopausal health and well-being. Beginning with the premise that, though difficult, the "hormone-driven changes that affect the brain... give a woman a sharper eye for inequity... and a voice that insists on speaking up," Northrup details hormonal imbalances, mood swings, serious illnesses, treatment options and all the other symptoms, side effects and decisions women face in midlife. Middle-aged herself, Northrup writes from experience and, more important, from her professional expertise as a physician who has treated many women and researched menopause. While much of the health-care material here is available in other sources, Northrup's approach a description of symptoms, followed by both traditional and alternative treatment options along with some anecdotes is particularly useful. Occasionally she veers off into New Age jargon, but she is a firm believer in the relevance of tangential influences on physical health, including emotional and financial well-being. 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." Agent, Ned Leavitt. (Apr. 3) Forecast: Northrup is a bestselling author widely held in the same esteem as Gary Null and Deepak Chopra. Among the competitive field of books on menopause, hers stands out for its whole-woman approach, which will make it attractive not only to her core readership but also as a hand-selling favorite among booksellers. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I wish I would had known what I've learned so far with this book when I started my perymenopause 30+ years ago. It would have saved me a lot of emotional distress. I recommend this book to any

woman over 30 years of age who might be starting her perimenopause. It is a good tool in the understanding of women body changes as we grow older but not old.

This book changed my life in a huge way! (and a positive one!) Just knowing WHY all these things are happening gives me terrific perspective to make informed decisions and/or changes in my life. Both women and men who love women will benefit from this book. Don't let the 700+ pages intimidate you - if you don't have the symptoms that some of the chapters are about then you simply skip over them.

Dr. Northrup is a pioneer in women's health and her books are always fraught with uplifting messages and sound advice on health and wellness. I love that she shows women how to connect to their bodies through our own inner wisdom. I have learned more about how my body works through Dr. Northrup than anyone else.

I read this book for continuing education credits but have since recommended it to many friends, co-workers and patients. It was well written, covered the topic well and gave a full and positive overview of menopause. It tells you what can happen and some ideas about what to do about it. It was a long book but it is broken down nicely into bite size chapters and sections with sections well labelled so you can read them all or turn to what you are looking for. There are a lot of stories to illustrate the authors points as well as medical facts to back everything up. It was easy to understand and didn't make menopause look like a nightmare like I've heard a lot of other books do. That being said, this is the first book I personally have read on the topic.

takes a while to get to the point shares too much information about her personal life but, at the end she does get to the source of what you need to hear. I personally do not have some of the frustrations she describes in her personal life but there are other women who have. The book can be very useful to all women. In short yes I would highly recommend.

Good book. Totally different view of menopause.....she actually turns it into a positive. Only complaint is that the book is too long and gets too technical with the medical information at times.

Give this a listen if you're coming into your menopausal years. Dr. Northrup gives perspective on many issues women face as they are entering the latter years of career and health. I found her

thoughts on mid-life madness quite compelling, and her frankness regarding love and marriage will undoubtedly help many a woman figure out why their relationships have changed.

Very informative but you have to wade through a lot of psychology / spirituality / new-agey stuff. I wasn't looking for that, so it just cluttered up the book for me. But if you want all that, it seems to be well written. The non-psych stuff was also well written, comprehensive, and very helpful in my quest for answers about supplements, hormones, symptoms, etc.

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The Perfect Menopause: 7 Steps to the Best Time of Your Life [THE PERFECT MENOPAUSE: 7 STEPS TO THE BEST TIME OF YOUR LIFE] by Hess, Henry M. (Author) May-01-2008 Paperback
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