



The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change, Revised Edition

Christiane Northrup

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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.

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