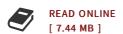




## The Wisdom of Menopause: Creating Physical and Emotional Health During the Change (Paperback)

By Christiane Northrup

Random House USA Inc, United States, 2012. Paperback. Condition: New. Revised ed.. Language: English . Brand New Book. 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...



## Reviews

Undoubtedly, this is the finest job by any article writer. it had been writtern very perfectly and beneficial. Its been printed in an exceedingly simple way in fact it is only following i finished reading this ebook by which basically modified me, modify the way in my opinion.

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I just started off looking over this ebook. It is actually loaded with wisdom and knowledge Its been developed in an remarkably simple way in fact it is simply after i finished reading through this book where basically modified me, modify the way i believe.

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