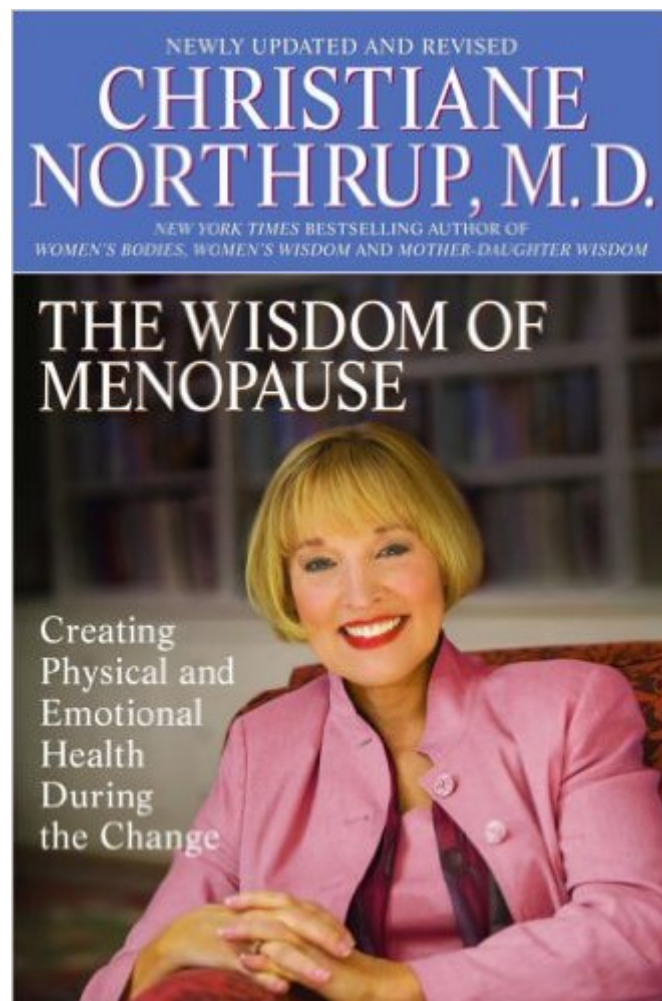


The book was found

The Wisdom Of Menopause: Creating Physical And Emotional Health And Healing During The Change, Revised Edition



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 "exchange" 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

Dr. Northrup offers a powerful and positive message for midlife women but betrays our trust with

dangerously misguided dietary advice. Of particular concern is her recommendation of soy as a safe, all-natural hormone replacement therapy. The US Agency for Healthcare Research and Quality concluded that the studies on soy and menopause are inconsistent, contradictory, of poor quality & too short duration. POSSIBLE benefits are far outweighed by PROVEN risks, including thyroid damage -- already a weak point for midlife women. Dr. Northrup herself has been diagnosed with hypothyroidism, which is not surprising given her endorsement and avowed consumption of the very high-isoflavone product Revival. Soy also can increase breast cancer risk. I am not alone in this concern. The Israeli Health Ministry has warned that women should exercise caution because of increased breast cancer risk and the French Food Agency will soon require warning labels to this effect. Cornell University's Center for Breast Cancer and Environmental Risk Factors has also warned women at risk for breast cancer to take it easy on soy. Clearly, a good policy is "better safe than sorry."

I cannot wholeheartedly recommend this book. I definitely got some helpful guidance from chapters 4, 5, 6, and 7 (Hormones, Hormone Replacement, and Nutrition), but I was annoyed by many of the other chapters. Christiane Northrup starts the book by justifying why she got divorced during her menopausal years. Also, I noticed throughout the entire book a general aversion to men. She treats the subject of marriage and family like it's a ball and chain for women. Almost all of the examples are negative when it comes to family life and heterosexual marriage. If you want a book about perimenopause and menopause that is not filled with the author's baggage, I'd recommend *The Change Before the Change* by Laura E. Corio, M.D.

The gist of this book is that all of a woman's medical problems during the perimenopausal and menopausal years are due to years of unhappiness, either with herself, her job, kids, but probably mainly her marriage. Medical problems such as heart disease, cancer, fibromyalgia, etc are all manifestations of a woman's deep feelings of misery. Dr. Northrup continually encourages the reader to look deep within and discover what is making her so miserable and change it. Divorce is offered as the best solution to medical issues from hot flashes to heart attacks. If you're looking for a medical guide, look elsewhere. If you think you might be miserable and need this book to convince you that you are, this is the book for you!

When I picked up this book and bought it, I was searching for help because I am feeling somewhat foggy and "train-wreck-like" myself, sometimes doubting my own perceptions and my own reactions,

and here I am, reading this book that is written in precisely the nutty style a peri-menopausal woman does NOT need. I needed some facts and ideas, suggestions and proven theories - some educated intelligent opinions on HRT and soy and Chinese herbs and whatever else is out there in the mainstream and alternative medical worlds. This book bounces around manically from what I was somewhat looking for to INSANE and then back again. Just what I needed - NOT!! ROFL!! It did make me laugh when I realized the irony of it all!! honestly do not think this author had an editor, or at least an editor that was remotely awake. There is probably some good information, and some decent suggestions, but I am truly not sure really as the author's credibility flew completely out the window the more I read.....and I have little to no trust that what she suggests in any area is sound.

I found it difficult to relate to this book. The author's anger in her past relationships was off-putting for me, and much of what she said just didn't seem to have any relevance to my life. I'm sure there are parts of the book that will be of value to some women, but this book was just not for me. I didn't get empowerment so much as that the book was just all about her.

I was disappointed in this book. I had heard good things about it and hoped it could answer a lot of my questions. I felt the author blamed menopause for her divorce and almost encourages other women to stand up for themselves and walk out on their husbands. When she does get into the things I'm interested in, it is too technical to understand.

HATED IT - HATED IT! I FELT CHEATED OUT OF MY MONEY. I STOPPED READING THE BOOK WHEN SHE TALKED ABOUT GETTING HER ANSWERS TO LIFE BY READING TEROT CARDS.

This book does have some information that is useful, but it is overshadowed by the author's questionable (and sometimes insulting) emotional analysis of possible causes of menopausal symptoms. Her "spiritual" evaluations seem to reflect her own emotional difficulties rather than provide any useful information for other women. Minus the drivel, this book might have some value. But the other content leaves me to question whether I would want to put my trust in any of her advice. I don't need to be analyzed. I need clear and relevant information. I will be looking elsewhere.

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