

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

Christiane Northrup M.D. - pdf download free book



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Description:

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.

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