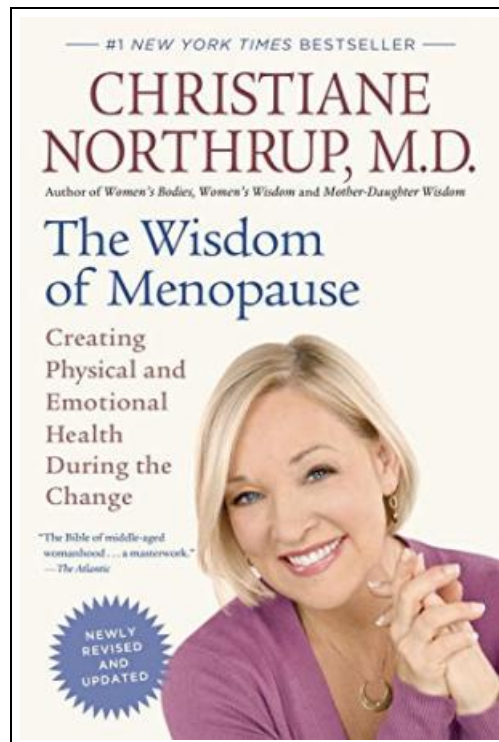


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Random House USA Inc, United States, 2012. Paperback. Condition: New. Revised ed.. Language: English . Brand New Book. Dr. Christiane Northrup s #1 New York Times bestseller The Wisdom of Menopause has inspired more than a million women with a dramatically 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 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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