

The Wisdom Of Menopause The Complete Guide To Physical And Emotional Health During The Change

An unconventional mind-body approach to women's health after menopause discusses the impact of hormonal changes, the myths and realities of menopause, and ways to prevent long-term health problems.

For decades, Christiane Northrup has been helping women navigate their lives with grace and joy. This elegant, compact volume offers her trademark wisdom in a fresh form, filled with pointed reminders "to help you develop a deeper respect for, and connection to, your own body and its exquisite guidance system [to] create a vibrantly healthy body, mind, and spirit." Each beautifully designed black-and-white page carries a quote that touches on a topic of deep significance: everything from heart-listening to epigenetics to the importance of knowing that your decisions about medical treatment are not irreversible. Examples include: You are an ever-renewing, ever-changing, ever-growing being, born with an inner guidance that helps you create and maintain vibrant health and happiness. When faced with a dilemma, take a moment to sit with the issue. Don't rush to decide what to do. Intend to let Divine inspiration flow to you, and it will be so! The next time you get an ache or a pain, soften the area around it with compassion. Ask your body what it needs. Listen deeply for the answer.

When it was first published in 1994, *Women's Bodies, Women's Wisdom* quickly became an international bestseller, and for the past fifteen years it has remained the veritable bible of women's health. Now, in this revised and updated edition, world-renowned and much-beloved women's health expert Dr. Christiane Northrup shares with us the latest developments and advances that will maximize our potential for living well in our bodies today. Inside you will discover new material on sexuality—and how to have a more fulfilling sex life; the spiritual and scientific principles behind healing from terminal illnesses, and how you can utilize these principles for your own health and the health of others; vital information about how to truly dissolve PMS and ease menstrual cramps; extraordinary facts on Vitamin D—and why it is crucial for breast, cardiovascular, and immune system health; the importance of the preconception diet and how to greatly decrease your risk of birth defects; how to birth naturally, despite the current induction and C-section epidemic; all you need to know about thyroid function, including proper blood tests; life-saving facts about cellular inflammation—the root cause of all chronic degenerative diseases—and how to prevent this condition; and the essentials on the "fountain of youth molecule"—and how to enhance your levels of it for vibrant health. Living a healthy life in a woman's body can be downright fun—even ecstatic! And that's good news for everyone—women, men, and their children.

The Secret Pleasures of Menopause is a groundbreaking book that is long overdue! Christiane Northrup, M.D., delivers a breakthrough message that will help millions and millions of perimenopausal and menopausal women just like you understand that at menopause . . . life has just begun! It is the beginning of a very exciting and fulfilling time, full of pleasure beyond your wildest dreams! Dr. Northrup believes that it's time for you to step forward and learn to enjoy the best years of your life! Even though studies show that menopause doesn't decrease libido, ease of reaching orgasm, or sexual satisfaction, the majority of menopausal women aren't experiencing the pleasure and sexual satisfaction that is their birthright. It is a long-held misconception that

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menopause signals "the beginning of the end," and nothing could be further from the truth. In this fascinating book, Dr. Northrup candidly guides you toward experiencing life after 50 as the most pleasurable time of your life!

Why a Playbook: When I was writing *The Secret Pleasures of Menopause*, I began to hear more and more stories from other women about exactly what I was writing about: how opening up to and expanding joy and pleasure in midlife creates vibrant health physically, emotionally, and spiritually—including the best sex of your life. I was inspired by the many touching and creative stories I was hearing from women who definitely saw midlife as the start of the absolute best years of their lives.

For years Christiane Northrup, M.D., has taught women about health, wellness, and the miracle of their bodies. Now, in her first children's book, she presents her wonderful wisdom to the youngest of girls. *Beautiful Girl* presents this simple but important message: that to be born a girl is a very special thing and carries with it magical gifts and powers that must be recognized and nurtured. Through these empowering words and illustrations, little girls will learn how their bodies are perfect just the way they are, the importance of treating themselves with gentle care, and how changes are just a part of growing up. Dr. Northrup believes that reading and discussing this book with your girls will help them to value the wonder and uniqueness of their bodies and have positive benefits that will last throughout their lives.

De anticonceptiepil heeft vrouwenlevens radicaal veranderd. Vrouwen kregen controle over hun vruchtbaarheid en konden mede daardoor in groten getale studeren en de arbeidsmarkt betreden. Maar de pil heeft ook allerlei bijwerkingen. Zo beïnvloedt het onder meer je eetpatroon, stressniveau, emoties, seksuele voorkeuren, humeur en zelfs je partnerkeuze. Vrouwen die aan de pil zijn, zijn dus een andere versie van zichzelf. Alleen is daar nog altijd maar weinig over bekend. In *Je brein aan de pil* maakt Sarah Hill inzichtelijk wat we weten (en vooral nog niet weten) over de effecten van hormonale anticonceptie op het vrouwenbrein. Het resultaat is een vlot geschreven eyeopener over de relatie tussen vrouwelijkheid en hormonen, en de ingrijpende invloed van hormonale anticonceptie op onze hersenen. Een boek dat je kijkt op hormonen voorgoed verandert en vrouwen helpt om beter geïnformeerde keuzes over hun gezondheid te maken.

Dr Christiane Northrup is one of the world's most trusted medical advisers. In *The Wisdom of Menopause*, the bestselling author of *Women's Bodies*, *Women's Wisdom* and *Mother-Daughter Wisdom* gives you all the medical and nutritional advice you need about the menopause. In particular, Dr Northrup examines the connection between the menopause and a woman's emotional and spiritual development during this important period of her life. Combining expert medical information and advice with mind-body healing, Dr Northrup explains: How to deal with the physical and emotional symptoms of the menopause; How to decide about HRT and alternative supplements; How to prevent long-term problems such as heart disease, hormone-related cancers, and memory loss; How the menopause can become a period of considerable personal empowerment.

THE WISDOM OF BIOIDENTICAL HORMONES lies in knowing when and how to use them. This book will help you determine which methods of bioidentical hormone replacement therapy (BHRT), if any, may work best for YOU, no matter how old you are, whether you are in menopause, perimenopause, or even younger. To really feel at

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your best, you may or may not need bioidentical hormone replacement. Read this book and find out what you can do to optimize your hormones before making a bioidentical hormone intervention. Discover how replacing deficient hormones with bioidentical hormones (that are exactly the same as those your body makes) may improve your health, your mood, your thinking, and your relationship. Are bioidentical hormones safe? Do they cause cancer? Are there side effects? When should you begin to use them? What tests are needed? How can you find a doctor who will prescribe the bioidentical hormones that will work best for you? Get this book and learn the answers to all of these questions.

“The Wisdom of Menopause offers an honest look at the menopausal transition. . . . If you are looking for realistic, positive, and constructive solutions to the inevitable challenges of life, then look no further—you have found your sourcebook.” —The North American Menopause Society A #1 New York Times bestseller when first published, this groundbreaking book 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. Christiane Northrup explains, 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. In this fully revised and updated fourth edition, Dr. Northrup draws on the current research and medical advances in women’s health, including · up-to-date information on hormone testing and hormone therapy · a completely new take on losing weight and training your mind to release extra pounds · new insights on the relationship between thyroid function, Hashimoto’s disease, and Epstein-Barr virus, with a new program for healing thyroid issues · all you need to know about perimenopause and why it’s critical to your well-being · the latest on new, less invasive and more effective fibroid treatments · information on which supplements are better than Botox for keeping your skin looking youthful · additional advice on dealing with pelvic health issues, including pelvic prolapse With this trusted resource, Dr. 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.

The only children's book by New York Times best-selling author Dr. Christiane Northrup, now available in a new format and package, as well as added meditations. Co-authored with New York Times best-selling author Kristina Tracy, the book takes up the timely topics of girls' empowerment and body positivity. Beautiful Girl presents this simple but important message: that to be born a girl is a very special thing and carries with it magical gifts and powers that must be recognized and nurtured. Through these empowering words and illustrations, little girls will learn how their bodies are perfect just the way they are, the importance of treating themselves with gentle care, and how changes are just a part of growing up. It's every little girl's birthright to have the deep and unshakable belief that her body is beautiful and contains powerful creative magic. Knowing this will set the stage for her physical and mental health throughout her life. Now available as a hardcover without jacket, with a beautiful new cover, and with the addition of bonus meditations read by Dr. Northrup. This is Dr. Northrup's only children's book, co-written by New York Times best-selling author Kristina Tracy, and colorfully and elegantly illustrated by Aurelie Blanz.

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Informatie over alle aspecten van de overgang. Met uitleg over de hormoonbehandeling en aanvullende, alternatieve mogelijkheden om deze levensfase tot een positieve ervaring te maken.

Menopause is a biological process that every woman goes through. It marks the end of your reproductive years and is considered official once 12 months have passed since the end of your last menstrual cycle. You've hit the wall with migraines, moodiness, and spiraling into depression because you no longer feel like yourself? No longer feeling sexy or wanted, tired of fighting with your spouse? This book will guide you through a whole-body approach to supporting your hormones

Women are Lifegivers who understand the feminine because cycles of life and death run in our blood. All things in Nature move in cycles, yet women's cycles have been ignored, dismissed, or pathologized, affecting our place in society and preventing us from truly being who we are. Premenstrual Syndrome, a culturally induced condition resulting from a suppression of women's emotional vision, has led us to stop listening to the wisdom of our own cycles, and caused us to approach Menopause in a welter of confusion. This book explores the cycles that define our lives, offers ways to heal our relationships, and beckons us to return to Nature. It is time to awaken to the value and power inherent in another way of seeing the world, through the eyes of feminine vision. It is time to return to the feminine and heal our relationships through living in harmony with Nature. "This rich timely work clearly rises from the depths of a woman's soul. It is, indeed, an invitation into Life's Mystery. This work is a "must" for all those who seek the healing of the human condition." -Kenneth Hamilton, M.D., author of *The Circle of the Soul* "The minute I started reading this book, I got chills. My body said a big "yes" to this information. Yours will too!" -Christiane Northrup, MD, author of *Mother-Daughter Wisdom, The Wisdom of Menopause, and Women's Bodies, Women's Wisdom* "Rebecca Orlean is a talented researcher and writer with a feel for people and their lives. I strongly encourage you to consider her book. Here is a strong, unusual, and inspiring study valuable for many. Rebecca helps open magic to us." -Ruth Richards, M.D., Ph.D., author of *Everyday Creativity* "Dr. Orlean writes with passion and conviction. *The Return of the Feminine* is an antidote for the stress and depression so prevalent in today's tattered cultures." -Stanley Krippner, Ph.D. co-author, *Extraordinary Dreams and How to Work with Them*

Newly revised and updated for this fourth edition, this groundbreaking book has inspired more than a million women with a dramatically new vision of midlife--and will continue to do so for generations to come. Dr. Northrup draws on the current research and medical advances in women's health, including: up-to-date information on hormone testing and hormone therapy, with new options and new research, a whole new take on losing weight and training your mind to release extra pounds, new insights on the relationship between thyroid, Hashimoto's Disease, and Epstein Bar Syndrome, new, less invasive and more effective fibroid treatments, which supplements are better than botox for keeping skin looking youthful, how taking the supplement *Pueraria mirifica* can optimize many aspects of midlife health and wellness, why older women don't need the HPV vaccine. 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. -- adapted from back cover.

Menopause is an unparalleled opportunity to turn your life around and create a firm

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foundation for the most fulfilling, healthy, joy-filled years of your life. The Wisdom of Menopause Journal--a companion to Dr. Christiane Northrup's newly revised and best-selling book The Wisdom of Menopause--helps you focus on the "me" in menopause. Designed to help you both navigate and document this important transitional time, the journal is packed with action-oriented, practical advice for your mind and body--from recommended supplements and medication options to how to explore the emotional issues behind your physical symptoms. This journal gives you everything you need to create vibrant health in midlife on all levels--not just in your heart, bones, pelvic organs, breasts, and brain . . . but also in your sex life, your relationships, and even your beauty regimen! It enables you to record your current health and concerns, as well as the steps you want to take to achieve your goals in each area. You'll also find powerful affirmations, inspiring quotes, and plenty of blank pages for journaling, so you can create a record of your thoughts and feelings during this important time. Dr. Northrup's insights enable you to see menopause not as a burden to be endured, but as an empowering opportunity to reinvent yourself right down to the cellular level. The key is learning to tap into the profound wisdom that emerges during this life stage--wisdom you can fully trust to guide you toward enormous happiness, joy, and fulfillment.

"Emphasizing the body's innate wisdom and ability to heal, Women's Bodies, Women's Wisdom covers the entire range of women's health—from the first menstrual period through menopause. It includes updated information on pregnancy, labor, and birth, sexuality, nutrition, hormone replacement therapy, treating fibroids, avoiding hysterectomy, and maintaining breast and menstrual health. Fully revised and updated to include the very latest treatment innovations and research data, and reflecting today's woman's proactive involvement in her own health care, this important new edition will help women everywhere enjoy vibrant health with far fewer medical interventions."--Page 4 of cover.

For decades, Dr Christiane Northrup has been helping women navigate their lives with grace and joy. This elegant, compact volume offers her trademark wisdom in a fresh form, filled with pointed reminders to help you develop a deeper respect for, and connection to, your own body and its exquisite guidance system to create a vibrantly healthy body, mind and spirit. Each beautifully designed black-and-white page carries a quote that touches on a topic of deep significance: everything from heart-listening to epigenetics to the importance of knowing that your decisions about medical treatment are not irreversible. 'You have a Divine spark within you, and your body is permeated and nourished by spiritual energy and guidance. Having faith and trust in this reality is an important part of creating health. Ask for guidance and be open to receiving it.'

Provides a new approach to women's health that draws on the unique bonds between mother and daughter to ensure a healthy future.

Hormone Treatment Is Called Harmful-Washington Post, 7/10/02 Estrogen Use Linked to Higher Cancer Risk-Boston Globe, 7/17/02 31.2 million women facing menopause in America are concerned by these headlines. Most women today will live over one-third of their lives post-menopausal, but what about the age-old solution of hormone replacement therapy? In 2002 the U.S. government halted a major study of hormone therapy because it increased the risk of invasive breast cancer. Now, millions of women are left wondering whether they should approach menopause without hormones, suffering from hot flashes and low sex drive or take hormones and live in fear of being

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another statistic. Suza Francina has a simpler solution: Yoga. In this practical book, Francina, a leading yogi and author of *The New Yoga for People Over 50*, shows how yoga can be a powerful tool to help women turn menopause into a positive and empowering experience, both physically and spiritually. Included are easy-to-follow, indexed photos of yoga poses that alleviate key menopausal problems including: hormonal changes; hot flashes; irregular bleeding; fibroids; stress and anxiety, mood swings, depression and fatigue; bone loss; heart disease and cancer. Francina delivers a timely and truly heartening message to women: you don't have to get weaker or depressed when facing menopause, it can truly be an empowering, restorative time.

Voor iedereen die inmiddels een klein vermogen heeft gependend aan anti-agingproducten, zich niet kleedt volgens de regels van haar leeftijd, een beetje te veel vet aan de botten heeft zitten of in de loop der jaren het flirten is verleerd, biedt *Waarom Franse vrouwen zo jong blijven* uitdagende, verfrissende lessen om er goed uit te zien en je nog beter te voelen, zonder naar 'het mes' te grijpen. Mireille Guiliano is een Franse vrouw die haar schoonheidsgeheimen graag deelt, zodat we er allemaal profijt van kunnen hebben!

THE NEW YORK TIMES BESTSELLER! Though we talk about wanting to "age gracefully," the truth is that when it comes to getting older, we're programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, even the pleasure we take in living life. But as Christiane Northrup, M.D., shows us in this profoundly empowering book, we have it in us to make growing older an entirely different experience, both for our bodies and for our souls. In chapters that blend personal stories and practical exercises with the latest research on health and aging, Dr. Northrup lays out the principles of ageless living, from rejecting processed foods to releasing stuck emotions, from embracing our sensuality to connecting deeply with our Divine Source. Explaining that the state of our health is dictated far more by our beliefs than by our biology, she works to shift our perceptions about getting older and show us what we are entitled to expect from our later years—no matter what our culture tries to teach us to the contrary—including:

- Vibrant good health
- A fulfilling sex life
- The capacity to love without losing ourselves
- The ability to move our bodies with ease and pleasure
- Clarity and authenticity in all our relationships—especially the one we have with ourselves

"Taking all the right supplements and pills, or getting the right procedure done, isn't the prescription for anti-aging," Dr. Northrup explains. "Agelessness is all about vitality, the creative force that gives birth to new life." *Goddesses Never Age* is filled with tools and inspiration for bringing vitality and vibrancy into your own ageless years—and it all comes together in Dr. Northrup's 14-day Ageless Goddess Program, your personal prescription for creating a healthful, soulful, joyful new way of being at any stage of life.

Dr Christiane Northrup's vision of mind-body wellness has received an extraordinary response from women all over the world. A massive international bestseller, *Women's Bodies, Women's Wisdom* powerfully demonstrates that when women change the basic conditions of their lives that lead to health problems, they heal faster, more completely, and with far fewer medical interventions. This groundbreaking book offers the most up-to-date information available on every aspect of women's health. Dr Northrup explains the workings of the female body in an accessible and intimate way and guides you through a comprehensive list of women's conditions and concerns, from fibroids and menstruation to pregnancy, hysterectomy and the menopause. She also shows you how to heal yourself by listening to your body's own wisdom or intuition. Filled with dramatic case histories, it is contemporary medicine at its best, combining new technologies with natural remedies and the body's own miraculous healing powers.

How menopause can be a path toward a new way of being.

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In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

With such groundbreaking bestsellers as *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*, Dr. Christiane Northrup is one of today's most trusted and visionary medical experts. Now she presents her most profound and revolutionary approach to women's health. . . .The mother-daughter relationship sets the stage for our state of health and well-being for our entire lives. Because our mothers are our first and most powerful female role models, our most deeply ingrained beliefs about ourselves as women come from them. And our behavior in relationships—with food, with our children, with our mates, and with ourselves—is a reflection of those beliefs. Once we understand our mother-daughter bonds, we can rebuild our own health, whatever our age, and create a lasting positive legacy for the next generation. *Mother-Daughter Wisdom* introduces an entirely new map of female development, exploring the "five facets of feminine power," which range from the basics of physical self-care to the discovery of passion and purpose in life. This blueprint allows any woman—whether or not she has children—to repair the gaps in her own upbringing and create a better adult relationship with her mother. If she has her own daughter, it will help her be the mother she has always wanted to be. Written with warmth, enthusiasm, and rare intelligence, *Mother-Daughter Wisdom* is an indispensable book destined to change lives and become essential reading for all women.

What wise decisions and diet you can take for getting through Menopause Easily
Menopause--a word feared by many women. Over time, the word menopause became associated with a lot of negativity. Some may look at it as the beginning of the end as it often signifies the end of a woman's child bearing years. It is not uncommon for some women to feel a sense of worthlessness in knowing that their ability to reproduce is over. Some may feel a sense of loss. Others look at it as a phase in life that is full of hot flashes, bone loss, and just an overall decline in health. It is a dreary and very unappealing life to look forward to. Many women go through their menopause years clueless on what will happen, how it will happen, and how long it will last. They just woke up one day feeling that something is not right with their bodies. Because of these, they often find themselves scared, confused, and apprehensive. They have no idea what is happening to them. They feel lost and alone, thinking that something is wrong with their bodies. Understanding what menopause is all about will help appease these fears. It is not a disease or condition that needs to be cured. It is a natural stage in life that every woman will go through. No one can control it. It is something that is inevitable. Knowing why it happens and how it happens will help women deal with this new stage in their lives in the most effective way possible. It will show them how they can continue to enjoy their prime years while managing the symptoms and signs of reaching menopause. Menopause is not the end. This book will help you to get through this stage of life without any fear. The wisdom and diet suggestion would help you to go through it normally. Here Is A Preview Of What You'll Learn... Chapter 1: Understanding Menopause Chapter 2: Hormones are the Root of it All Chapter 3: Signs of Times Chapter 4: Facing Menopause Head-On Much, much more! Purchase your copy today! Take action right away to know what to do during Menopause by purchasing this book "The Ultimate Guide To Menopause: Wisdom And Diet Every Women Should Know To Get Through Menopause Easily". Tags: Menopause, What to do in Menopause, how to overcome menopause, what every women should know, diet for menopause, hormonal imbalance, controlling temper in menopause, mood imbalance, wisdom

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for women

Christiane Northrup laat in 'De overgang als bron van kracht' zien welke veranderingen vrouwen tijdens de menopauze kunnen verwachten en hoe de overgang een nieuwe fase van innerlijke ontwikkeling kan inluiden. Northrup onderzocht het verband tussen de overgang en het emotionele en spirituele leven van vrouwen. De overgang is een natuurlijk moment om keuzes te maken. Het maken van de juiste keuzes, bijvoorbeeld op het gebied van relaties, werk of voeding, is allesbepalend voor het vinden van geluk en het behouden van de gezondheid. 'De overgang als bron van kracht' bevat veel praktische informatie: • alles wat je zou moeten weten over het begin van de overgang • je geheugen, stemming en slaappatroon tijdens de overgang • hormoontherapie en andere mogelijkheden • overgang en seksualiteit: de mythes en de feiten.

Gezond afvallen was nog nooit zo gemakkelijk Allen Carrs Stoppen met roken heeft wereldwijd miljoenen mensen geholpen te stoppen met roken. In dit boek richt hij zijn logische en eenvoudige methode op voeding. Er wordt je niets verboden, hij biedt je alleen een aantal principes die leiden tot een gezonder eetpatroon, een goed gevoel en gewichtsverlies – voor altijd. In korte hoofdstukken legt hij zijn vijf instructies en elf principes uit. Het komt erop neer dat deze methode ervoor zorgt dat je geniet van wat je eet, dat je de smaken optimaal proeft én afvalt. Je kunt eten wat jij het lekkerste vindt en je natuurlijke instincten volgen zonder schuldgevoel of spijt. Je geniet van verse producten, neemt afscheid van problemen met spijsvertering, je verandert je smaak en kunt de signalen van je lichaam beter opvangen. De pers over Eindelijk je streefgewicht 'Een andere benadering, een geweldig succes.' The Sun In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "The Wisdom of Menopause: Creating Physical and Emotional Health During the Change." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

You know Dr. Christiane Northrup as the best-selling author of books such as Women's Bodies, Women's Wisdom and The Wisdom of Menopause—a beloved and trusted expert on everything that can go right with the female body. Now she brings her wisdom and insight to illuminate the mind, soul, and spirit as well. In this joyfully encouraging new book—as useful for men as it is for women—Dr. Northrup explores the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body “behave.” When you acknowledge the deep connection between your beliefs and your biology and start to tune in to the Divine part of yourself, it's a whole new ballgame—and the first step in truly making your life easy. Take your well-being into your own hands as you learn to: • Untie the knots of blame and guilt that harm your health • Use sexual energy consciously to increase vitality • Balance your microbiome through healthy eating • Cultivate a healthy ego that serves you (not vice versa) • Communicate directly with the Divine • And much more Drawing on fields from epigenetics to past-life regression to standard Western medicine, Dr. Northrup distills a brilliant career's worth of wisdom into one comprehensive user's guide to a healthy, happy, radiant life.

Vrouwen hebben het nog nooit zo goed gehad. Ze mogen stemmen, hebben de pil en sinds 1727 worden ze niet meer als heksen verbrand. Maar een paar vragen blijven knagen. Waarom worden we geacht brazilians te hebben? Moet je botox gebruiken? Hatén mannen ons stiekem? En hoe moet je je vagina eigenlijk noemen? In How to be a woman verlost Moran ons uit onze onzekerheid en gaat ze ons voor in het labrynt van puberteit, werk,

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stripclubs, liefde, abortus, winkelen en moederschap, waarin elke vrouw op de een of andere manier haar weg zal moeten vinden.

The Wisdom of Menopause The Complete Guide to Creating Physical and Emotional Health and Healing
Gardners Books

Interviews with a varied group of mature, wise women from various spiritual traditions provide an affirmation of the aging process and the wisdom that can come with menopause

Dr Christiane Northrup is one of today's most trusted and visionary experts on every aspect of being a woman. In Mother-Daughter Wisdom she introduces an entirely new map of female development, including the 'five facets of feminine power' that range from the basics of physical care to the discovery of passion and purpose in life. This blueprint allows any woman - whether or not she has children - to repair the gaps in her own upbringing and create a better adult relationship with her mother. It is also invaluable guidance for mothers of young daughters. Drawing on patient case histories and revealing personal history, Dr Northrup discusses: Mother-daughter bonds; How this relationship affects our emotional and physical health; How to repair our relationships with our mothers; How to ensure a healthy future for our daughters and more.

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