

Menopausal Years The Wise Woman Way Alternative Approaches For Women 30 90 Wise Woman Ways

Susun Weed (author of best-seller "Wise Woman Herbal for the Childbearing Year") spent three years talking with more than 10,000 women about their menopause. She discovered that their experiences differ hugely from most published accounts:

A Powerful and Poetic Call to Ecological & Feminist Activism This masterful work by internationally known author and speaker Jean Shinoda Bolen provides an insightful look into the fusion of ecological issues and global gender politics. Of trees and women. This book on the importance of trees grew out of Bolen's experience mourning the loss of a Monterey pine that was cut down in her neighborhood. That, combined with her practice of walking among tall trees, led to her deep connection with trees and an understanding of their many complexities. From their anatomy and physiology, to trees as archetypal and sacred symbols, Bolen expertly explores the dynamics of ecological activism spiritual activism and sacred feminism. And, she invites us to join the movement to save trees. Stories of those making a difference. While there is still much work to be done to address environmental problems, there are many stories of individuals and organizations rising up to make a change and help save our planet. The words and stories that Bolen weaves throughout this book are both inspirational and down-to-earth, calling us to realize what is happening to not only our trees, but our people. By writing about both the work of organizations like Greenpeace and the UN Commission on the Status of Women, Bolen highlights her passions and shares her unique vision for the world. In *Like a Tree* learn more about: The dynamic nature of trees — from their anatomy to their role as an archetypal symbol Pressing social issues such as deforestation, global warming, and overpopulation What it means to be a "tree person" If you enjoyed books like *The Hidden Life of Trees*, *Wise Trees*, *Around the World in 80 Trees*, or *Braiding Sweetgrass*, then you'll love *Like a Tree: How Trees, Women, and Tree People Can Save the Planet*.

A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

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 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.

Called "my menopause bible" by half a million women, the best book on menopause is now better. Originally published in 1992 and still a top best-seller. Completely revised with 100 new pages. Susan S. Weed (author of the best-sellers *Breast Cancer. Breast Health!* *the Wise Woman Way*, *Wise Woman Herbal for the childbearing Year*, and *Healing Wise*) has completely rewritten this classic after listening to over 20,000 women talk about menopause and what works for

them. All the remedies women know and trust plus hundreds of new ones. New Sections on thyroid health fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. Introduction by Juliette de Bairacli Levy. Beautifully illustrated, superbly indexed, wrapped in the healing cloak of the Ancient Ones, this is a book for owen of all ages who want strong bones, healthy hearts, and a long, joyous life without hormones.

Margaret Lock explicitly compares Japanese and North American medical and political accounts of female middle age to challenge Western assumptions about menopause. She uses ethnography, interviews, statistics, historical and popular culture materials, and medical publications to produce a richly detailed account of Japanese women's lives. The result offers irrefutable evidence that the experience and meanings—even the endocrinological changes—associated with female midlife are far from universal. Rather, Lock argues, they are the product of an ongoing dialectic between culture and local biologies. Japanese focus on middle-aged women as family members, and particularly as caretakers of elderly relatives. They attach relatively little importance to the end of menstruation, seeing it as a natural part of the aging process and not a diseaselike state heralding physical decline and emotional instability. Even the symptoms of midlife are different: Japanese women report few hot flashes, for example, but complain frequently of stiff shoulders. Articulate, passionate, and carefully documented, Lock's study systematically undoes the many preconceptions about aging women in two distinct cultural settings. Because it is rooted in the everyday lives of Japanese women, it also provides an excellent entree to Japanese society as a whole. Aging and menopause are subjects that have been closeted behind our myths, fears, and misconceptions. Margaret Lock's cross-cultural perspective gives us a critical new lens through which to examine our assumptions.

Menopause is a dramatic but largely overlooked developmental window to the second half of life. Although today's women are more aware of and actively involved in mapping their menopausal journey than generations before, many still do not see menopause as a time of important psychological and spiritual transformation. This book goes far beyond hot flashes and gets to the very heart of the midlife journey, helping women find their unique voice and speak their truth in an era of #MeToo and #ChurchToo. Coming alongside readers as a wise spiritual guide, pastor and theologian Cheryl Bridges Johns identifies seven key developmental "tasks" of menopause and gives practical ways women can embrace each one. She encourages women to view these tasks as gifts as they experience the remarkable physical, emotional, and spiritual transformation that occurs in this stage of life. Written in a warm and conversational tone, this book helps women chart a course for the future, leading them to a renewed sense of identity, a more focused vision for life, and a deeper spirituality. Each chapter includes guided questions for personal reflection and study questions for group discussion.

An Instant New York Times, Washington Post, USA Today, San Francisco Chronicle, and Publishers Weekly Bestseller! #1 Canadian Bestseller Just as she did in her groundbreaking bestseller *The Vagina Bible*, Dr. Jen Gunter, the internet's most fearless advocate for women's health, brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective, and expert advice. "I feel more equipped to care for my patients, challenge the patriarchy, and empower & educate thanks to her work and advocacy." —Dr. Danielle Jones (Mama Doctor Jones) "An exhilarating read and a comprehensive review of all things menopause." —North American Menopause Society "Gynecologist Gunter (*The Vagina Bible*) helps women navigate the ins and outs of menopause in this delightfully conversational and strongly feminist guide. Readers looking to separate menopausal fact from fiction should take note." —Publishers Weekly "Gunter mixes sound medical information with a bit of humor and a lot of candor...[this] frank and expert guide provides an informative and reassuring look at a long, often baffling and infuriating phase of life." —Booklist The only thing predictable about menopause is its unpredictability. Factor in widespread misinformation, a lack of research, and the culture of shame around women's bodies, and it's no wonder women are unsure what to expect during the menopause transition and beyond. Menopause is not a disease—it's a planned change, like puberty. And just like puberty, we should be educated on what's to come years in advance, rather than the current practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why, and what to do about it is both empowering and reassuring. Frank and funny, Dr. Jen debunks misogynistic attitudes and challenges the over-mystification of menopause to reveal everything you really need to know about: *Perimenopause * Hot flashes * Sleep disruption * Sex and libido * Depression and mood changes * Skin and hair issues * Outdated therapies * Breast health * Weight and muscle mass * Health maintenance screening * And much more! Filled with practical, reassuring information, this essential guide will revolutionize how women experience menopause—including how their lives can be even better for it! "Read this book immediately." —New York Times bestseller Ayelet Waldman, author of *A Really Good Day* and *Love & Treasure* "This is the new 'it' book for women who want to prepare for or understand what menopause is (and isn't)." —Dr. Jennifer Lincoln The seminal, ground-breaking and controversial feminist text on the menopause, revised and updated *When The Change* was published in 1991, 'menopause' was a word of fear. Then, as now, expensive magazines advertised even more expensive anti-ageing preparations, none of which worked. Big pharma was pushing replacement hormones, but doctors were dragging their feet. Some women told horror stories of their experiences with replacement hormones; others called them lifesavers. Nobody knew why some women went through this change of life without difficulty. What was working for them, when other women were tormented almost to madness? It seemed that we were close to an answer to that question, but that was before large-scale studies revealed that the protective effects of hormone replacement had been vastly exaggerated; given the perceived increase in the risk of life-threatening disease, the studies had to be called off. Now more than ever, amid the clamour of online chatrooms and promotions for a vast array of alternative therapies, the individual woman has to manage her passage through menopause for herself. In *The Change*, Germaine Greer provides a common-sense guide to a very interesting and important stage of women's lives.

"Many days I believe menopause is the new (if long overdue) frontier for the most compelling and necessary philosophy; Darcey Steinke is

already there, blazing the way. This elegant, wise, fascinating, deeply moving book is an instant classic. I'm about to buy it for everyone I know." —Maggie Nelson, author of *The Argonauts* A brave, brilliant, and unprecedented examination of menopause Menopause hit Darcey Steinke hard. First came hot flashes. Then insomnia. Then depression. As she struggled to express what was happening to her, she came up against a culture of silence. Throughout history, the natural physical transition of menopause has been viewed as something to deny, fear, and eradicate. Menstruation signals fertility and life, and childbirth is revered as the ultimate expression of womanhood. Menopause is seen as a harbinger of death. Some books Steinke found promoted hormone replacement therapy. Others encouraged acceptance. But Steinke longed to understand menopause in a more complex, spiritual, and intellectually engaged way. In *Flash Count Diary*, Steinke writes frankly about aspects of Menopause that have rarely been written about before. She explores the changing gender landscape that comes with reduced hormone levels, and lays bare the transformation of female desire and the realities of prejudice against older women. Weaving together her personal story with philosophy, science, art, and literature, Steinke reveals that in the seventeenth century, women who had hot flashes in front of others could be accused of being witches; that the model for Duchamp's famous *Étant donnés* was a post-reproductive woman; and that killer whales—one of the only other species on earth to undergo menopause—live long post-reproductive lives. *Flash Count Diary*, with its deep research, open play of ideas, and reverence for the female body, will change the way you think about menopause. It's a deeply feminist book—honest about the intimations of mortality that menopause brings while also arguing for the ascendancy, beauty, and power of the post-reproductive years.

Women's health care for child bearing years.

The bestselling author of *"Minding the Body, Mending the Mind"* reveals the interconnected loop of the mind, body, and spirit in a pioneering book that will teach women how to maximize their health and well-being as well as discover the extraordinary power that comes with each stage of the feminine life cycle.

Foods, exercises, and attitudes to keep your breasts healthy. Supportive complimentary medicines to ease side-effects of surgery, radiation, chemotherapy, or tamoxifen.

A Best Book of the Summer: USA Today, Town & Country, The Philadelphia Inquirer, BuzzFeed, Real Simple, The Millions, and more. "A virtuosic, singular and very funny portrait of a woman seeking sanity and purpose in a world gone mad." --The New York Times Book Review "Riddled with insights into aging, womanhood, and discontent, *Wayward* is as elegant as it is raw, and almost as funny as it is sad."

--Philadelphia Inquirer "A comic, vital new novel" --The New Yorker A "furious and addictive new novel" (The New York Times) about mothers and daughters, and one woman's midlife reckoning as she flees her suburban life. On the heels of the election of 2016, Samantha Raymond's life begins to come apart: her mother is ill, her teenage daughter is increasingly remote, and at fifty-two she finds herself staring into "the Mids"--that hour of supreme wakefulness between three and four in the morning in which women of a certain age suddenly find themselves contemplating motherhood, mortality, and, in this case, the state of our unraveling nation. When she falls in love with a beautiful, decrepit house in a hardscrabble neighborhood in Syracuse, she buys it on a whim and flees her suburban life--and her family--as she grapples with how to be a wife, a mother, and a daughter, in a country that is coming apart at the seams. Dana Spiotta's *Wayward* is a stunning novel about aging, about the female body, and about female complexity in contemporary America. Probing and provocative, brainy and sensual, it is a testament to our weird times, to reforms and resistance and utopian wishes, and to the beauty of ruins.

Since its original publication in 1993, *The Pause* has become known as the authoritative guide to menopause--a previously overlooked topic of great importance to women. The significant amount of new research on menopause and perimenopause amassed in recent years has led bestselling author Lonnie Barbach to completely revise and update this groundbreaking classic. Important additions include eight entirely new sections on topics such as SERMs (selective estrogen receptor modulators), phytoestrogens, and the impact of menopause on the female immune system. This additional research is combined with new information about menopause and mood, weight gain during menopausal transition, breast cancer survivors taking estrogen, the positive effect of estrogen on dementia and Alzheimer's, and new alternatives to traditional HRT (hormone replacement therapy) for managing hot flashes, improving bone density, and assisting breast cancer survivors. All together, the latest edition of *The Pause* is a must-have resource for any woman facing the "next third" of her life.

Filled with stories, songs, rituals, recipes, meditations, and trance journeys that outline more than 100 ways to practice the art of magical healing, this guidebook to conscious living by renowned herbalist Robin Rose Bennett makes it easy to follow the path to physical and spiritual health. In the tradition of natural witchcraft, *Healing Magic, 10th Anniversary Edition* presents step-by-step instructions for conducting earth-centered rituals, preparing herbal remedies, and casting spells to enchant and heal as well as advice on cooking everyday meals incorporating health-enhancing herbs and home remedies.

- Find out how to reconnect with the earth and draw on its energy
- Interact with the power of the seven chakras of the body
- Build an altar
- Make use of moon magic and women's wisdom
- Prepare herbal infusions and baths
- Work with the medicine wheel
- Cast spells for love and wealth

No matter what your beliefs, this guidebook will open your heart and mind to everyday magic and the joys of living in tune with the energies of nature. Table of Contents Foreword by Susun S. Weed, author of the *Wise Woman Herbal* series Introduction 1. Reconnecting with the Earth 2. Engaging Mystery 3. Moon Magic and Women's Wisdom 4. Herbal Magic 5. The Medicine Wheel of Magic 6. Spells 7. Rituals Epilogue: A Final Story Afterword

A guide for improving a woman's physical and mental health from age 35 and on. It covers topics of vital interest to perimenopausal and postmenopausal women: hot flashes, vaginal dryness, poor sleep, memory loss, mood changes, depression, hormone replacement therapy, sleep, diet, exercise, weight control, and healthy sex.

An updated edition of Germaine Greer's revolutionary discussion of menopause, which the New York Times Book Review called "a brilliant, gutsy, exhilarating, bruising, exasperating fury of a book." A quarter of a century after the first publication of Germaine Greer's now canonical look at women's experience later in life, the renowned feminist and prolific author updates and expands her essential book, *The Change*.

Despite improvements over the last few years, discussions about menopause are still hampered by a huge variance in conventional wisdom about what happens, when it happens, when it can be said to be over, and how to deal with it. After decades, the same misinformation and ineffective methods are still being widely touted and proliferating at an alarming rate due to the rise of the Internet. In this updated edition of her groundbreaking book, Greer debunks stubborn myths and presents a vital new perspective on the emotional and physical changes--including up-to-date medical details--women face today when they go through what's known as "the change." Greer also addresses cultural changes that surround female aging today, launching a clear and necessary protest against the notion that women should shrink into the background as they grow older. She argues that menopause marks the point in a woman's life when she should be able to stop apologizing and bask in the freedom and joy that come with her later years. Witty, wise, and timely, this new edition of *The Change* offers a crucial twenty-first-century guide to the change that every woman faces.

Understand menopause with all its changes and challenges, and choose practices and treatments to make this next stage in your wellness journey healthy, positive, and joyful. Your menopause is unique to you--a milestone on your personal well-being journey. A lucky few will breeze through it, but for most women this time of hormonal upheaval brings up a variety of challenging symptoms. This ebook is for you if you want to understand menopause better and find the right combination of resources for you--enabling you to stay physically, mentally, and spiritually well throughout the process. Find out how to adapt your existing wellness practices and build in new ones to smooth the path of your menopause: adopt yoga poses to calm hot flashes or help you sleep; use essential oils to balance hormones and lift mood; enjoy foods that boost energy and sharpen focus; discover the best exercises for strong bones and a healthy heart; meditate and use CBT to relieve

anxiety; find out how Ayurveda can help you maintain thick hair and supple skin; enjoy aromatherapy massage to clear mind-fog or soothe joint pain. Discover how to attend to your specific needs in a mindful, positive way, either alongside or without prescription medication. Your go-to e-guide to helping yourself make the transition an energizing, liberating experience, *Natural Menopause* helps you take charge and embrace the change.

Healing Wise sets forth the foundations of the Wise Woman Tradition, contrasting them with the Heroic and Scientific views of healing. *Weeds* draw us into ancient wisdom in a clear and refreshing way, says herbalist Rosemary Gladstar. I see the Wise Woman. She carries a blanket of compassion. She wears a robe of wisdom. From her shoulders, a mantle of power flows. She ties the threads of our lives together. I see the Wise Woman. And she sees me. Seven herbs -- burdock, chickweed, dandelion, nettle, oatstraw, seaweed, and violet -- are explored in depth. Each monograph includes the voice of the herb, a weed walk to encounter the herb in its environment, detailed instructions for harvesting and preparation, properties and uses for every part of the herb, pertinent facts, fun folklore, and recipes for gourmet foodstuffs, wines, beers, cosmetics, and more.

This fine title from *Last Gasp* is the essential, herbal reference book, a complete compendium of, practical and exotic herbal lore that is, guaranteed to turn you on to the fact that plants, and animals have been used for thousands of years, in various ways to make people healthier, and to, help them to live longer and more effective lives.

At this very moment over fifty million women are going through menopause. Pharmaceutical companies are mass marketing hormones as fast as doctors can prescribe them, and menopausal seminars sponsored by these companies are crisscrossing the country in an effort to educate women on easing the physical pains of hormone deficiencies. Books like *The Silent Passage*, *What Your Doctor Won't Tell You About Menopause*, and *Listening To Your Hormones* are flying off the shelves because women are desperate to learn even more. And yet, these doctors, seminars, and books still haven't addressed what every transitional woman instinctively knows: Menopause is much more than just a list of physical ailments, menopause is a spiritual journey. *The Seven Sacred Rites of Menopause: The Spiritual Journey to the Wise-Woman Years* is a groundbreaking work that will usher in a new way for women to cope with the emotional and physical challenges of menopause. Venturing into uncharted territory, Kristi Meisenbach Boylan takes an intriguing and original look at the seven rituals that menopausal women move through on their voyage to the wise-woman years. Author Meisenbach Boylan believes that these seven ceremonial milestones should be viewed as celebrations—not as symptoms of an illness—and that the menopausal life passage isn't just about a woman's body fighting to correct hormonal imbalances, but is really about the soul trying to find its spiritual balance.

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.

This memoir is about life, love, facing breast cancer with its challenges and change. Nancy begins this story with segments from her life that helped form her into the woman she is today. As a nurse practitioner with a specialty in menopause for the past 25 years, she knew she was about to face a tumultuous battle. Blindsided by the diagnosis of breast cancer, she had turned to her journal for guidance and calm. Hormone therapy had been a lifeline to her health and sanity for many years, but now she had to reconcile with the thought of letting go of her estrogen patch. As she gradually reduced the size of the patch while awaiting surgery, symptoms she had experienced years before crept back with a vengeance - hot flashes, night sweats, insomnia, brain fog, irritability, mood swings. The incredible shifts overwhelmed her, she felt as if her life was falling apart. She could still help her patients, but unfortunately not help herself. Suddenly finding herself in a patient role, she knew she needed to speak up and to be heard. Thus began her process of research, seeking out and speaking with experts in the menopause field about hormones after breast cancer, daring to question medical professionals, and ultimately finding her voice. Finally, after doing her homework, journaling extensively and assuming personal responsibility for her future health, she returned to her beloved estrogen. It was not an easy path.

Find Yourself Again with a Natural Approach to a Natural Transition Menopause is too often treated as a problem to be solved or an illness to be cured, not the natural process it is. World-renowned healthcare expert Maryon Stewart outlines her wonderfully comprehensive and practical Six-Week Natural Menopause Solution with steps that women can take to feel better right away. Detailed questionnaires help you assess which areas of your life most need addressing — from brain foggy and mood swings to painful sex, weight gain, and complexion issues. Maryon then shows you exactly what to do, nutritionally and in other areas of your life, to overcome symptoms. The powerful results of Maryon's program don't end after six weeks; instead, they point the way toward not just a good life, but a life that's better than ever.

"...set[s] forth his method of natural self healing based on herbs, a diet that used no meat, dairy products, or eggs, and a life in harmony with the laws of health and nature. He opposed the use of sugar, spices, pepper, mustard, vinegar, and fermented foods. He recommended the use of soymilk in numerous healing diets and considered it far better than cow's milk. " -- www.SoyinfoCenter.com.

An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field. The physical changes that occur after women turn forty are unavoidable—and can be unnerving. Menopause affects every aspect of life—from sex and sleep to mood and mental clarity to weight and body temperature. While there are a number of resources available, many are confusing and contradictory. Now, Manhattan gynecologist Dr. Tara Allmen, an experienced, nationally board-certified menopause practitioner and the recipient of the 2015 Doctor's Choice National Award for Obstetrics & Gynecology, shares her knowledge to help women be their happiest and healthiest, and turn this challenging time into an exciting one. Written in her effervescent yet assured voice, *Menopause Confidential* provides simple strategies and cutting-edge information on: hormonal changes and the symptoms of perimenopause and menopause; the health risks associated with midlife—from cutting through the conflicting opinions and advice about health screenings (Do I really need a colonoscopy? How often should I get a mammogram?) to common medical conditions, such as osteoporosis; various remedies, both allopathic and natural, to combat symptoms and empower women to make the best choices for their individual needs; practical tips and resources for mitigating the effects of menopause. Fifty-one-year-old Dr. Allmen knows firsthand what women are going through, and shares stories of her own personal travails and solutions. Women can't turn back the clock, but they can take control of their health and flourish in midlife. *Menopause Confidential* encourages them to be informed, be proactive, and be their greatest selves.

Hot flashes. Vaginal atrophy. Social stigma. The comics in this unapologetic anthology prove that when it comes to menopause and its attendant symptoms, no one needs to sweat it alone. Featuring works by comics luminaries such as Lynda Barry, Joyce Farmer, Ellen

Forney, and Carol Tyler, Menopause is the perfect antidote to the simplistic, cheap-joke approach that treats menopause as a cultural taboo. This anthology challenges stereotypes with perspectives from a range of life experiences, ages, gender identities, ethnicities, and health conditions. Other contributors include Maureen Burdock, Jennifer Camper, KC Councilor, MK Czerwiec, Leslie Ewing, Ann M. Fox, Keet Geniza, Roberta Gregory, Teva Harrison, Rachael House, Leah Jones, Monica Lalanda, Cathy Leamy, Ajuan Mance, Jessica Moran, Mimi Pond, Sharon Rosenzweig, Joyce Schachter, Susan Merrill Squier, Emily Steinberg, Nicola Streeten, A. K. Summers, Kimiko Tobimatsu, Shelley L. Wall, and Dana Walrath.

"Gorgeous, witty and so alive that you'll swear the pages are breathing, Gina Sorell's *The Wise Women* sets two extraordinary grown sisters and their controlling mother on a collision course when the bottom falls out for them personally and professionally. About the price of real estate, the power of aging, class, parenting, family and, of course, love, *The Wise Women* is at heart about finding your personal True North. I'd follow these three women anywhere."--Caroline Leavitt A witty and wildly enjoyable novel, set in New York City, about two adult daughters and their meddling advice columnist mother, for readers of Meg Wolitzer, Cathleen Schine, and Cynthia D'Aprix Sweeney. Popular advice columnist Wendy Wise has been skillfully advising the women who write to her seeking help for four decades, so why are her own daughters' lives such a mess? Clementine, the working mother of a six-year-old boy, has just discovered that she is actually renting the Queens home that she thought she owned, because her husband Steve secretly funneled their money into his flailing start-up. Meanwhile, her sister Barb has overextended herself at her architecture firm and reunited semi-unhappily with her cheating girlfriend. When Steve goes MIA and Clementine receives an eviction notice, Wendy swoops in to save the day, even though her daughters, who are holding onto some resentments from childhood, haven't asked for her help. But as soon as Wendy sets her sights on hunting down her rogue son-in-law, Barb and Clementine quickly discover that their mother has been hiding more than a few problems of her own. As the three women confront the disappointments and heartaches that have accumulated between them over the years, they discover that while the future may look entirely different from the one that they've expected, it may be even brighter than they'd hoped.

It's all there: Seven Medicines to help you be abundantly well, make sense of medicine, and get the health care you need and deserve. Chapter Six, on Pharmaceutical Medicine, includes a dozen two-page spreads comparing the effects of common modern drugs to herbal remedies. It is illustrated with magical drawings, meticulously indexed, assiduously researched, and rich with recipes, lore, and startling scientific support for the Complementary Integrated Medicine Revolution.

Bringing together western medical science and eastern wellbeing for menopause education, this book helps yoga teachers develop their understanding of menopause and women's health as well as support their students. Petra Coveney - creator of Menopause YogaTM - shares yoga, breath and meditation practices, poses, and CBT and self-enquiry methods to manage menopause symptoms. Her book helps to educate and empower women going through menopause, allowing them to embrace it as an opportunity for self-growth. It includes three main yoga sequences that focus on managing specific groups of symptoms, as well as additional sequences for sleep, menorage, and osteopenia. This is the dedicated resource for yoga teachers who want to teach Menopause YogaTM, with four detailed 90-minute class plans also available to download. Underpinned by research and 20 years of teaching experience, Menopause Yoga helps those on their journey from peri-menopause to post-menopause to help them welcome the changes in their minds, bodies and emotions as they enter the next stage in their lives.

Written with the busy practice in mind, this book delivers clinically focused, evidence-based gynecology guidance in a quick-reference format. It explores etiology, screening, tests, diagnosis, and treatment for a full range of gynecologic health issues. The coverage includes the full range of gynecologic malignancies, reproductive endocrinology and infertility, infectious diseases, urogynecologic problems, gynecologic concerns in children and adolescents, and surgical interventions including minimally invasive surgical procedures. Information is easy to find and absorb owing to the extensive use of full-color diagrams, algorithms, and illustrations. The new edition has been expanded to include aspects of gynecology important in international and resource-poor settings.

Covering men's and women's topics, this is a "full range of integrative, alternative, and orthodox options, including herbal, homeopathic, and energy medicines."

"Jean Shinoda Bolen provides ancient and modern ways to be our authentic, courageous, and passionate selves. Jean herself is an Artemis."—Gloria Steinem Worshipped in Ancient Greece as a protectress of young girls, Artemis was the goddess of hunting, nature, and chastity—the original "wild woman." In *Artemis*, Jungian analyst and bestselling author, Jean Shinoda Bolen, revives the goddess Artemis to reclaim the female passion and persistence to survive and succeed. But an indomitable spirit isn't just reserved for the gods. In her book, Dr. Bolen revives the myth of Atalanta, an archetypal Artemis and mere mortal. To Atalanta, fate was no obstacle. Left to die because she was born a girl, she faces the Calydon Boar and outruns any man attempting to claim her as his wife. In *Artemis*, women are encouraged to discover their inner heroine—the activist who never gives up, who cannot be subdued. Whether women's rights activists or Princess Merida from *Brave*, the Artemis personality is embodied in the modern women. Hailed by Isabel Allende, as a "beautiful, inspiring book," *Artemis* is dedicated to all women and girls who discover her unconquerable spirit in themselves or others. Inside find: · Examples of Artemis in real-life and popular culture · Ancient and modern ways to be your authentic self · A source of strength, power, and integrity "Bolen connects Artemis to contemporary figures such as environmental activist Julia Butterfly Hill, author Cheryl Strayed, and journalist Lara Logan . . . Bolen also discusses other goddess archetypes, including the romance-oriented Aphrodite, contemplative Hestia, and Hecate, the wise crone. The exploration of Artemis and Atalanta as feminist icons is compelling."—Publishers Weekly

In a survey of menopausal women, it was found that what most of them wanted from their partners was understanding and support. However, many men are unsure of what they can do to help. This book offers an informal guide for partners of menopausal women.

A surprising look at the role of menopause in human history—and why we should change the ways we think about it Are the ways we look at menopause all wrong? Susan Mattern says yes and, in *The Slow Moon Climbs*, reveals just how wrong we have been. From the rainforests of Paraguay to the streets of Tokyo, Mattern draws on historical, scientific, and cultural research to show how perceptions of menopause developed from prehistory to today. For most of human history, people had no word for menopause and did not view it as a medical condition. Rather, in traditional foraging and agrarian societies, it was a transition to another important life stage. Introducing new ways of understanding life beyond fertility, Mattern examines the fascinating "Grandmother Hypothesis," looks at agricultural communities where households relied on postreproductive women for the family's survival, and explores the emergence of menopause as a medical condition in the Western world. *The Slow Moon Climbs* casts menopause in the positive light it deserves—as an

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essential juncture and a key factor in human flourishing.

Offers advice on a natural, effective, hormone-free treatment for the symptoms of menopause. and includes exercise, foods and herbs, and preventive medicine.

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