



The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change

By Christiane Northrup M.D.

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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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Editorial Review

Review

Praise for the works of Christiane Northrup, M.D.

The Wisdom of Menopause

“...One menopause book does rise...above the rest. Now celebrating its 10th anniversary, [*The Wisdom of Menopause*] is the bible of middle-aged womanhood.”—Sandra Tsing Loh, *The Atlantic*

“The Wisdom of Menopause offers an honest look at the menopausal transition. This is sometimes painful, sometimes humorous, but never boring. 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

“Northrup writes from experience and, more important, from her professional expertise as a physician who has treated many women and researched menopause. The specific medical advice on sleep, diet, breast health and the empowerment motif will bring insight, comfort and confidence to women embarked on ‘the change.’”—*Publishers Weekly*

Women’s Bodies, Women’s Wisdom

“I recommend Women’s Bodies, Women’s Wisdom to all women and also to all men who want to understand and nourish the women in their lives.”—Deepak Chopra, M.D., author of *Reinventing the Body, Resurrecting the Soul*

“A masterpiece for every woman who has an interest in her body, her mind, and her soul.”—Caroline Myss, Ph.D., author of *Defying Gravity*

About the Author

Christiane Northrup, M.D., is also the author of the *New York Times* bestseller *Women’s Bodies, Women’s Wisdom* and *Mother-Daughter Wisdom*, and the host of seven public television specials. A board-certified OB/GYN and past president of the American Holistic Medical Association with more than twenty-five years of clinical and medical teaching experience, Dr. Northrup is a pioneer in the partnership between conventional and complementary medicine. Her work has been featured on *The Oprah Winfrey Show*, *Today*, and *Good Morning America*, among many others. She lives in Maine and is the mother of two adult daughters.

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Karl Wolfe:

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