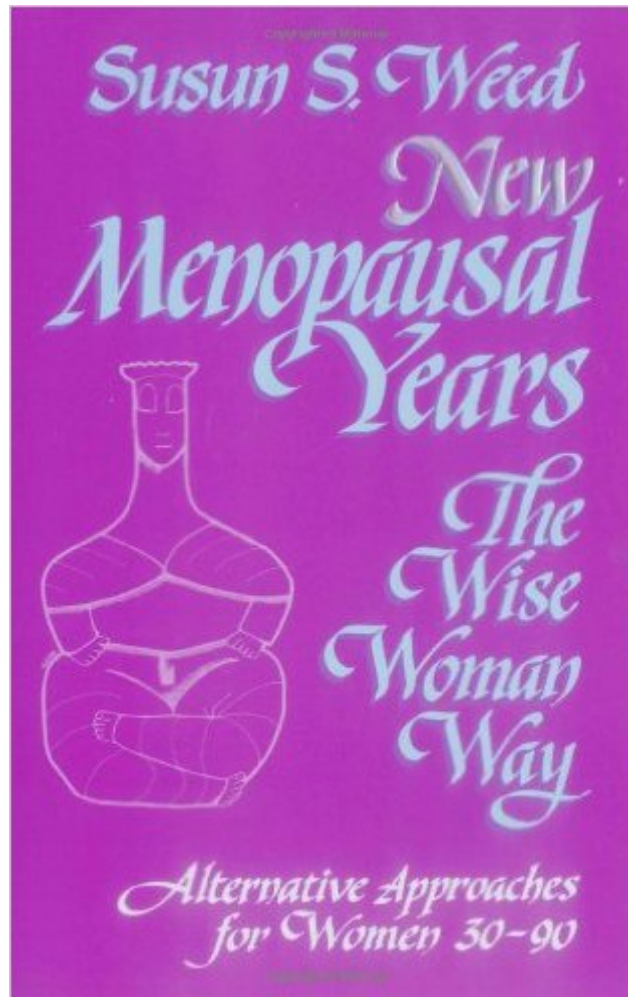


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# New Menopausal Years: Alternative Approaches For Women 30-90 (Wise Woman Herbal)



## Synopsis

The best book on menopause is now better. Herbal solutions for osteoporosis, hot flashes, mood swings, fatigue, flooding, fibroids, low libido, incontinence, anxiety, depression. Completely revised with 100 new pages. 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. One of the world's best selling books on menopause still comes on strong. Called "indispensable," "incredible," and a "treasure trove of information," Menopausal Years is the "bible" for the 87% of American women over the age of fifty who want nothing to do with hormones. Includes information and remedies for problems with premenopause -- flooding, erratic periods, fibroids, spotting, water retention, muscle soreness -- as well as menopause -- hot flashes, sleeplessness, mood swings, headaches, palpitations, anxiety, depression, fatigue, and much more. Final chapters speak to post-menopausal women's concerns: including ways to maintain heart health, prevent and reverse osteoporosis, deal with dry vaginal tissues and incontinence, ease aching joints, and maintain healthy libido. The soothing, wise voice of Grandmother Growth guides each woman through the book and through her own menopause metamorphosis. Ritual interludes interweaves a spiritual dimension often lacking in other works. Includes superb resource lists for menopause information, index, glossary, directions for using (and preparing) herbal medicines, complete descriptions of the most-used menopausal herbs (including nettles, ginseng, dong quai, red clover, oatstraw, and motherwort), recipes for heart- and bone-healthy dishes, and lots of illustrations. Also available: Menopause Metamorphosis Video starring Susun S. Weed. (Susun Weed)

## Book Information

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## Customer Reviews

Susan Weed gives a menopausal woman an entirely different view than that presented by the medical profession and the world at large. She gives the post menopausal woman a reason to go forward with confidence into this new stage of life. The TRADITIONAL way of handling the physical and spiritual problems one encounters are explained easily and poetically. A big contrast to the sterile and totally unsympathetic view of doctors. They tend to look on this time as a chance to dehumanise the woman, whereas Susan shows how to become a better and more fulfilled being. As an amateur herbalist (I make my own tinctures that have successfully replaced the dreaded Premarin that I was put on after my hysterectomy) I found her information on herbs extremely useful. I had found out, by trial and error, much that she explains on the use of herbs, but there is much that I did not know. A great book for those who do not want to be dehumanized by the medical profession and want to enjoy their many final years with health and vigour!

This book deals with many women's problems, from an alternative healing approach. Susan Weed considers the whole person, not just the physical symptoms. She discusses herbs, diet and nutrition, exercise, meditation, medications, and as a last resort, surgery. She also introduces the reader to ancient ways to deal with anger, sorrow, and life changes. She gives you a whole new way to look at change, not as something to be feared; but as a new opportunity for personal growth and service to your community. She deals with giving up the child bearing years, to embrace a new phase in life. Something most books on menopause do not even touch on. She truly does impart wisdom, and bring hope and help to women going through changes, whether menopausal or not. A book my family will never be without! MB

This book is for any woman who has asked the question, "Is this menopause?" Structured with six steps of healing - ranging from taking time to do nothing at all through a wide variety of alternative healing modalities to the most aggressive of modern medical techniques, Susan S. Weed's "New Menopausal Years: The Wise Woman Way," offers information, insight and wisdom to women who are seeking their own path through the journey of menopause. I found the level of educational material offered in this book to be extraordinary. I was particularly interested in the wealth of options

for engaging my own energy, using healthy foods, physical activities, and herbal remedies. Additionally, I found the approach to the benefits offered by modern medicine to be a wise one - providing information on both the positive and life saving benefits of modern technology as well as the dangers of using invasive therapies where they are not beneficial. Perhaps what I found most appealing about "New Menopausal Years" was the way in which this time of change is honored, as "Grandmother Growth" seemed to be whispering in my ear the messages of ancient wisdom - messages all too often lost in our culture that only seems to value what is "new and improved". Ms. Weed offers an online newsletter through her website and I have found it to be a valuable adjunct to this book, with regularly updated content and information on workshops and other events that may be of interest to readers.

If this book had not been given to me by a close friend, I would be experiencing menopause in an entirely different manner. The purring voice of Grandmother Growth, who introduces many of the chapters, assured me that I am not losing my mind or harboring a terminal illness; that menopause is not something to be endured or fixed, but rather an ongoing adventure loaded with opportunity. The Wise Woman approach to the various and unexpected discomforts and joys of the Change has motivated me to seize this experience to transform my life for the better.

I am ordering about the 20th copy of this super book. Throughout my menopausal years, I have used it over and over for remedies and general info. Since I am a nurse, women are always asking me these question, and giving them this book is the best way to get this info out into the world. Susun Weed will have a page or two on symptoms other publications don't even mention -- and then gives you the choice of several types of interventions. It's great info for women of all ages - not just menopausal dames. A big THANKS to S.W. for all her insight, herbs and science.

When I was going through all the changes and symptoms several years ago every book I found on the subject of menopause was written in the 50s or 60s by male doctors (their only advice was to take Hormone Replacement Therapy). After searching the library and so many book stores over months I finally found this book. It has been a life saver and given me the tools and information to deal with this transition we women must all go through. I have given copies of this book to relatives and friends and I am now buying Susun Weed's other books. Even if you're not yet experiencing perimenopause or menopause it's good to read it prepare yourself.

Excellent book! For any woman who cannot take synthetic estrogen or just prefers natural alternatives. This book approaches menopause in a positive way. It will help you find the herbs that can help alleviate or relieve any and all symptoms of menopause- pre,mid,or post- that we all love and hold dear to our hearts (smile). I read this book and came away with a much better attitude towards the old crone ceremony that I and many other women are now apart of ....

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