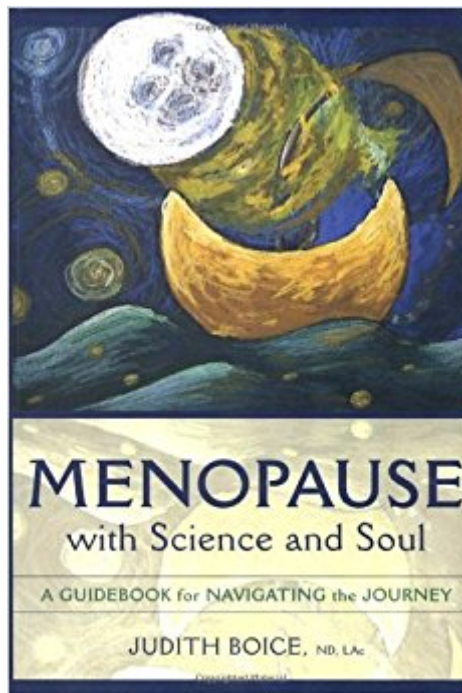




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Menopause With Science And Soul: A Guidebook For Navigating The Journey



Synopsis

Integrating modern medicine and ancient spiritual wisdom, **MENOPAUSE WITH SCIENCE AND SOUL** is an intelligent and thoughtful companion to navigating the menopausal journey. Drawing from the latest medical studies, naturopath Dr. Judith Boice advises women on practical concerns such as bone health, phytoestrogens, diet and exercise, and hormone replacement therapy, and offers stories, interviews, and rituals to nurture women's mental and emotional health. Essays and poetry from sixteen prominent writers celebrate the broad spectrum of women's menopausal experiences and honor diverse spiritual approaches to this significant life passage. Whether you're struggling with hot flashes or reveling in an unexpected rebirth of creativity, this comprehensive guide provides the scientific and soul-centered support you need. Features contributions from: Clarissa Pinkola Estés, Carol Lee Flinders, Brooke Medicine Eagle, Marlise Wabun Wind, Vicki Noble, Carol Bridges

Book Information

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Customer Reviews

While squarely addressing the challenges of menopause, this gentle and reassuring book simultaneously makes a powerful case for a well-managed aging process. -Orlando Sentinel "Provides a thoughtful guide for every woman who is trying to navigate the Big M with aplomb while learning about herself." -Energy Times "On the continuum of menopause books, this title lies somewhere between Susun Weed's *New Menopausal Years* and Christiane Northrup's *The Wisdom of Menopause* with its blend of spirituality, holistic health, and user-friendly women's health advice. Defining menopause as a journey rather than a phase, or,

worse yet, a crisis, naturopathic physician Boice outlines strategies to help women develop healthful habits and make informed choices that will enrich every aspect of their lives. Whether discussing phyto-estrogens, hormone-replacement therapy, or nutrition, Boice maintains her spiritual focus by emphasizing transformation and including personal reflections that reveal diverse menopausal experiences. In the chapter on bone health, Boice compares the physical support provided by the skeletal system to the moral support provided by our belief systems, still succeeding in delivering an especially lucid explanation of how high-protein diets affect calcium levels. Moreover, this book has the power to motivate even the most skeptical readers to meditate and practice creative visualization. Recommended for large public libraries and health collections."-Library Journal, starred review

Judith Boice's *MENOPAUSE WITH SCIENCE AND SOUL* takes the best of these often antagonistic world views and combines them masterfully, creating a luminous roadmap for women of all ages. Her book should be required reading for all women approaching their time of wisdom."-Marlise Wabun Wind, book contributor and author of *Woman of the Dawn* and co-author of *The Medicine Wheel: Earth Astrology*

"This is, hands down, the best book on menopause to come along! The lucky woman using this carefully constructed guidebook will basically have her own personal trainer overseeing her aging process. Judith Boice has the just-right set of talents to understand and articulate 'the Change' within its wholistic context-physical, emotional, mental and spiritual-all interconnected aspects impossible to separate. The personal interviews with brilliant and accomplished women healers, teachers, mystics and guides sharing their own menopause stories are touching to the core-demonstrating the very wisdom Judith Boice assures us is meant to be the outcome of this rigorous but natural part of the female life cycle."--Vicki Noble, book contributor and co-creator of *Motherpeace*, author of *Shakti Woman* and *The Double Goddess*, and teacher in the Women's Spirituality program at New College of California

"Millions of women over time cannot be wrong: there are many paths to take through menopause, yet the same few signposts reappear in modern and ancient traditions. Dr. Boice has woven together a valuable, easy-to-read map and guidebook. Each reader and practitioner turning to these pages is empowered to read her own signposts and heal symptoms her own way. The profundity of Judith Boice's book is in making it simple for all kinds of women-skeptical, fearful, baffled, hopeful-to stop wasting their energy preventing disease, but instead to choose health."-Amanda McQuade Crawford, medical herbalist and author of *The Herbal Menopause Book* and *Herbal Remedies for Women*

"Dr. Judith Boice continues to impress me with her commitment to weaving the intricate and sometimes mysterious web of our emotional/spiritual experiences with the life cycles of the body and the life cycles of the world that surrounds us. *MENOPAUSE WITH SCIENCE AND SOUL* is an

insightful reminder that it's not just about the latest research, but the timeless knowledge of nature, and the strength of inner knowing that each woman can bring to her decisions about managing her menopause."-Tori Hudson, ND, medical director of A Woman's Time and author of the Women's Encyclopedia of Natural Medicine

* A complete body-mind-spirit guide to menopause, integrating modern medicine with ancient spiritual wisdom. * Includes the latest information on bone health, hormone replacement therapy, phytoestrogens, exercise, nutrition, and more. * Insightful essays from 16 prominent writers (including Clarissa Pinkola Estés, Brooke Medicine Eagle, Vicki Noble, Caitlin Matthews, Carol Lee Flinders, and more) illustrate and celebrate the broad spectrum of women's menopausal experiences.

This book combines medical information with thought-provoking information to navigate through the transformational journey of menopause. Would recommend reading this during peri-menopause or before.

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