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Embracing Menopause Naturally: Stories, Portraits, and

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However, it is the stories and portraits of twenty menopausal women that are the heart and soul of the book. Here is a true companion for any woman who wants to nurture her own spiritual growth, adopt a natural foods diet, and enjoy good health throughout the midlife years.

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Embracing Menopause Naturally offers insight for this important life passage through courageous stories and stunning images of women from different cultural backgrounds. Embracing Menopause Naturally is a true companion for any woman who wants to nurture her own spiritual growth, adopt a natural foods diet, and enjoy good health throughout the midlife years and beyond.

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Menopause can be brought on through surgical removal of the ovaries, chemotherapy, radiation, tubal ligation, mumps, an autoimmune reaction, extreme stress, and weight loss. A natural menopausal passage, which can last from two to fifteen years, is a transformational process, a letting go of the old self with a rebirth of a new self.

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Embracing Menopause Naturally: For women of the Baby Boomer generation now entering midlife, menopause is still very often a misunderstood process. The author seeks to rectify that situation by dispelling some of the myths and fears surrounding it. She suggests a natural...

Review of Embracing Menopause Naturally
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Embracing Menopause Naturally: Stories, Portraits, and
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"The portraits of the 21 women sharing their menopausal experience in Gabriele Kushi's new book, Embracing Menopause Naturally, provided an understanding, compassion and empathy for older women who up to that point had been closed to me. This shared wisdom is a treasure for me, and I hope for other men as well.

Be inspired! Scroll down and read what ... - Kushi's
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trust plus hundreds of new ones. New sections on thyroid health, fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones.

New Menopausal Years the Wise Woman Way
Embracing Menopause Naturally, A Guide to Balancing your Midlife Transition with Macrobiotics. Stories, Portraits, and Recipes - By Gabriele Kushi (Square One Publishers) "Gabriele makes a clear and valuable case for treating menopause the natural, macrobiotic way.

Kushi's Kitchen - Publications

With "Embracing Menopause Naturally," Gabriele Kushi has created an inspiring work that allows the read to share the experiences of many amazing women from all walks of life, as they have made their ways through their midlife journeys.

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Embracing Menopause Naturally: Stories, Portraits and Recipes by Gabrielle Kushi, \$13.33 This encouraging read offers a little bit of everything, including a synopsis of what to expect during menopause and suggestions for living through it naturally, as well as a helpful nutritional guide and recipes, with an emphasis on natural, sustainable foods.

4 Books to help you deal with menopause- Viva Fifty!
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Embracing Menopause Naturally: Stories, Portraits and ...
How To Embrace Menopause Naturally. Menopause is of course not a sudden process as the change from menstrual phase to menopause is transitional in nature. That particular in-between stage is called perimenopause, when noticeable changes in the pattern and duration of period can be observed.

How To Embrace Menopause Naturally - Ways To Deal With ...

Gabriele Kushi, BFA, MEA, CHC, AADP is the author of The Macrobiotic Kitchen in Ten Easy Steps, Embracing Menopause Naturally, and Eleven Natural Foods Cooking DVDs.

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