

## The Wisdom Of Menopause Creating Physical And Emotional Health And Healing During The Change By Christiane Northrup M D

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"Pressestimmen '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 WeeklyFrom the Hardcover edition. Über den Autor und weitere Mitwirkende Christiane Northrup, M.D., trained at Dartmouth Medical School and Tufts New England Medical Center before cofounding the Women to Women health care center in Yarmouth, Maine, which became a model for women's clinics nationwide. Board certified in obstetrics and gynecology, she is past president of the American Holistic Medical Association and an internationally recognized authority on women's health and healing.

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