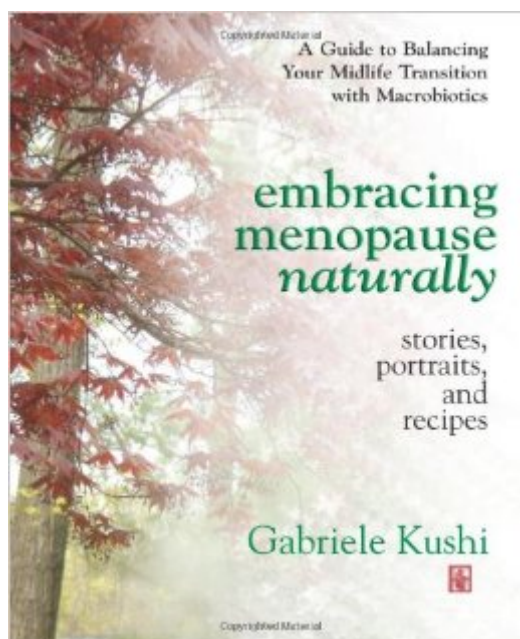


The book was found

# Embracing Menopause Naturally: Stories, Portraits, And Recipes



## Synopsis

We are familiar with its symptoms: hot flashes, night sweats, and more. While menopause triggers physical changes, it also brings forth spiritual issues that, for many women, mark a redefinition of the feminine self. To address the impact of menopause, Gabriele Kushi has created a practical guide to dealing with this special time. The author first provides a clear understanding of the overall process of menopause, from biological changes to emotional challenges. She then offers research-based nutritional guidelines that can help relieve menopausal symptoms, as well as healthful kitchen-tested recipes based on a natural foods diet. 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.

## Book Information

Paperback: 160 pages

Publisher: Square One (June 15, 2006)

Language: English

ISBN-10: 075700296X

ISBN-13: 978-0757002960

Product Dimensions: 7.5 x 0.4 x 9.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #945,606 in Books (See Top 100 in Books) #60 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #2432 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

With "Embracing Menopause Naturally," Gabriele Kushi has created an inspiring work that allows the reader to share the experiences of many amazing women from all walks of life, as they have made their ways through their midlife journeys. How fortunate we are to have the rare opportunity to learn from these wise and open-minded women, to hear their stories and sense a deep camaraderie. Gabriele takes the mystery out of this important stage of life, and gives it the dignity and respect it deserves. She presents simple and clear instructions for minimizing the symptoms of menopause: healthy, supportive macrobiotic recipes, a guidebook and glossary to illuminate any unclear terms and ingredients, along with a hefty dose of heartfelt encouragement!

Gabriele Kushi has put much effort and heart into the research and writing of this fabulous book which is an essential tool for the woman entering and experiencing this stage in her life.

Gabriele's book is awesome. I loved reading about the woman's experiences with menopause. I felt supported by their stories and connected to them. It made me feel that my experiences with perimenopause are all okay and that I am not going off the deep end! I loved how she brought all these women into my life to help me through this journey. Their experiences validate mine and help me to learn to enjoy the ride! Thanks Gabriele!

Gabriele has written one of the most lovely of books, even if you are not terribly interested in following a macrobiotic diet. It may convince you however, since the recipes are wonderfully simple, well explained and delicious. The interviews of our sister-elders are perhaps worth the price of the book, even without teaching us how to care for ourselves. Thank You Gabriele for the time and effort to give us the love in this book.

[Download to continue reading...](#)

Embracing Menopause Naturally: Stories, Portraits, and Recipes  
Draw Faces: How to Speed Draw Faces and Portraits in 15 Minutes (Fast Sketching, Drawing Faces, How to Draw Portraits, Drawing Portraits, Portrait Faces, Pencil Portraits, Draw in Pencil)  
Internal Cleansing : Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms, and More (Revised 2nd Edition)  
The Menopause Diet: Mini Meal Cookbook- Good Food for Real Women, Naturally  
The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause  
Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and Other Cognitive Effects of Perimenopause and Menopause  
The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause  
The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems  
The Menopause Bible: The Complete Practical Guide to Managing Your Menopause  
Portraits in Rhythm -- Complete Study Guide: Observations and Interpretations of the Fifty Snare Drum Etudes from Portraits in Rhythm  
How to Draw Portraits: How to Draw Realistic Pencil Portraits: 10 Simple Steps to Draw People and Faces from Photographs (How to Draw Faces, Drawing People, How to Draw People)  
Postcards from the Underground: Portraits of the Beat Era (Portraits of the Beat Generation)  
Portraits: 9/11/01: The Collected "Portraits of Grief" from The New York Times  
Wild Gourmet:

Naturally Healthy Game, Fish and Fowl Recipes for Everyday Chefs Delicious Probiotic Drinks: 75 Recipes for Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks Moosewood Restaurant Favorites: The 250 Most-Requested, Naturally Delicious Recipes from One of America's Best-Loved Restaurants The Married Woman's Private Medical Companion, Embracing the Treatment of Menstruation ... Pregnancy and how it May be Determined .. Discovery to Prevent Pregnancy...Causes and Mode of Cure of Barrenness or Sterility. Embracing the Wolf: A Lupus Victim and Her Family Learn to Live with Chronic Disease Embracing the Wild in Your Dog: An understanding of the authors of your dog's behavior - nature and the wolf Wabi-Sabi Art Workshop: Mixed Media Techniques for Embracing Imperfection and Celebrating Happy Accidents

[Dmca](#)