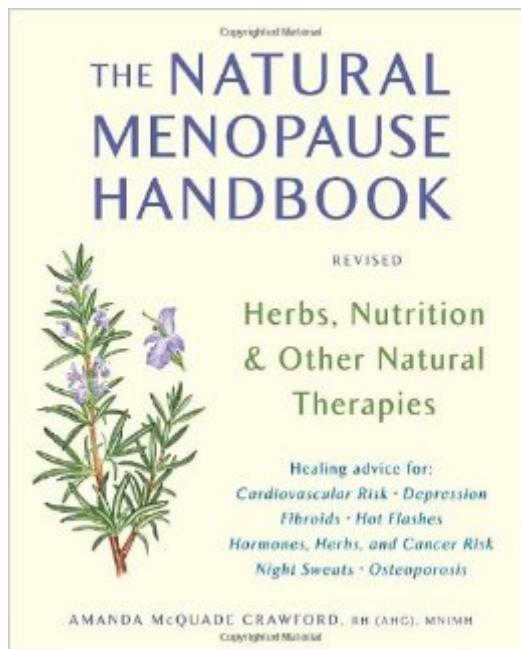


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# The Natural Menopause Handbook: Herbs, Nutrition, & Other Natural Therapies



## **Synopsis**

The Natural Menopause Handbook bases its healing advice on the belief that menopause is a natural process—one that does not necessarily require medication. This revised edition focuses on herbs, nutrition, and other natural health approaches such as exercise, aromatherapy, and visualization to offer a holistic plan for wellness during perimenopause (the time leading up to and including menopause) and the postmenopausal years. Experienced medical herbalist and author Amanda McQuade Crawford examines both the age-old wisdom of nature and new research on natural therapies to address a wide range of menopausal symptoms and bodily issues. This comprehensive handbook features an extensive collection of healing remedies, such as "Tea for Restorative Sleep," "Ten-Minute Visualization," and "Elixir for Healthy Joints," as well as appendices on making your own custom herbal formula and creating an herbal home medicine chest. In clear, supportive language, McQuade Crawford explains the nature and physiology of the most common health concerns and provides more than fifty herbal therapies to ease all stages of this natural transition in every woman's life.

## **Book Information**

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## **Customer Reviews**

This book gives easy-to-understand advice on foods that help with far more than just hot flashes. The herbs all have great safety references, especially when used as suggested. There are tips for clearing painful joints at midlife, mood imbalance, and heart health that takes into account the best research on what women need to prevent bigger health challenges as our lives progress. A joyful life for elders is part of the plan for everyone interested in getting back to nature's first medicines.

full of good information and I appreciate information on this topic...you can get enough sometimes. recommend this book to others

Easy book to read. Amanda has a wealth of information to share. I was very pleased to add this book to my collection

I found this book to be very helpful. It very easy to understand.

This plain little paperback discusses herbal remedies at length and then rehashes them again in yet another chapter. If you know nothing about herbs this might be of some use otherwise you can find most of this info online with a little research. Discussion of homeopathy is also basic and the Yoga chapter I find silly. Most of those moves a middle aged woman without previous yoga experience would NEVER try and probably laugh or scoff at. The typical admonitions here (as every meno book I've read to date) is SIMPLY: eat right, live right, exercise and relax...it will all be over one day anyway. I found one very good TIP in this book and that was its redeeming feature for me. It is a way to make your bone based soups have more calcium in them by adding a tbsp of AC Vinegar to each quart of broth.

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