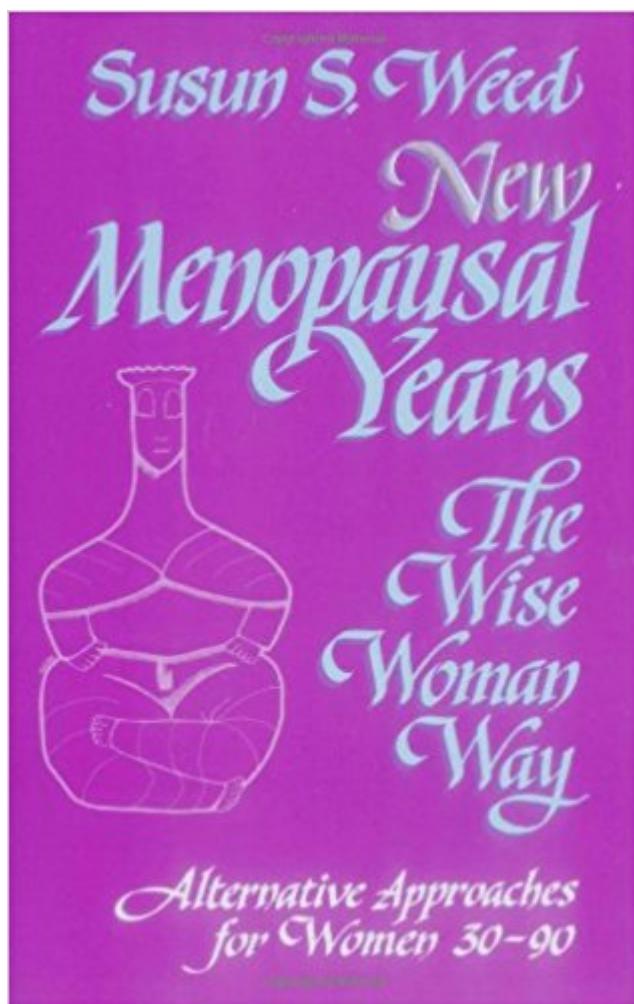


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# New Menopausal Years: Alternative Approaches For Women 30-90 (Wise Woman Herbal)



## **Synopsis**

The best book on menopause is now better. Herbal solutions for osteoporosis, hot flashes, mood swings, fatigue, flooding, fibroids, low libido, incontinence, anxiety, depression. Completely revised with 100 new pages. All the remedies women know and trust plus hundreds of new ones. New sections on thyroid health, fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. One of the world's best selling books on menopause still comes on strong. Called "indispensable," "incredible," and a "treasure trove of information," Menopausal Years is the "bible" for the 87% of American women over the age of fifty who want nothing to do with hormones. Includes information and remedies for problems with premenopause -- flooding, erratic periods, fibroids, spotting, water retention, muscle soreness -- as well as menopause -- hot flashes, sleeplessness, mood swings, headaches, palpitations, anxiety, depression, fatigue, and much more. Final chapters speak to post-menopausal women's concerns: including ways to maintain heart health, prevent and reverse osteoporosis, deal with dry vaginal tissues and incontinence, ease aching joints, and maintain healthy libido. The soothing, wise voice of Grandmother Growth guides each woman through the book and through her own menopause metamorphosis. Ritual interludes interweaves a spiritual dimension often lacking in other works. Includes superb resource lists for menopause information, index, glossary, directions for using (and preparing) herbal medicines, complete descriptions of the most-used menopausal herbs (including nettles, ginseng, dong quai, red clover, oatstraw, and motherwort), recipes for heart- and bone-healthy dishes, and lots of illustrations. Also available: Menopause Metamorphosis Video starring Susun S. Weed. (Susun Weed)

## **Book Information**

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## Customer Reviews

Susun S. Weed is the voice of the Wise Woman tradition, where healing is nourishing. She is known internationally as an extraordinary teacher with a joyous spirit, a powerful presence, and an encyclopedic knowledge of herbs and health. For more than thirty years she has opened hearts to the magic and medicine of the green nations, restoring herbs as women's common medicine, and empowering women to care for themselves. Susun is founder of the Wise Woman Center, editor-in-chief of Ash Tree Publishing, a high priestess of Dianic Wicca, a member of the Sisterhood of the Shields, a Peace Elder, and happy herder of her dairy goats. Her four books: *Healing Wise*; *New Menopausal Years the Wise Woman Way*; *Breast Cancer? Breast Health!* the Wise Woman Way; *Wise Woman Herbal for the Childbearing Year*; and *Down There: Sexual and Reproductive Health the Wise Woman Way* are used by more than a million women throughout the world. She writes a regular herbal column for *SageWoman Magazine* and hosts the Wise Woman website and forum at [www.susunweed.com](http://www.susunweed.com) created by her amazing daughter Justine. Susun continues to train apprentices, initiate green witches, work with her correspondence course students, and write books.

This book works on so many levels. First of all, it's a practical handbook, a detailed road map for the entire menopausal process with a wealth of information on what to expect and what your options are. Organized by symptom, it offers a wide range of practical tips for taking GOOD care of yourself through all the various symptoms that may crop up. (The discussion on calcium was particularly helpful for me.) Woven through all the practical information is deep inspiration for embracing the change as healthy, normal transformation. Grandmother Growth, the wise elder voice, pipes in at regular intervals to ever so gently and kindly lead you forward. In a culture that makes a joke or a problem out of menopause, this book asserts that the menopausal transformation is deep and important -- an initiation, really. So to top it all off, "ritual interludes" are inserted at a few key turning points, offering suggestions for how to mark your passage. With honesty and humor Susun Weed orchestrates an amazing amount of information into a well-organized whole. After reading several more medically oriented books and leaving feeling more confused about hormone therapy and less confident about whether my symptoms were even normal menopause or something else, I now

have Susun Weed a.k.a. Grandmother Growth reassuring me that all I am experiencing is normal and healthy -- and not only that, it's OK to take time away! Thank you Susun Weed.

Helpful tips for menopause, including natural relief for symptoms but most importantly: attitude. A book that makes you feel good about aging and helps you to find your way into the power and wisdom that are the gift of age. I bought this copy as a gift, I have had mine for some time now and wish to hold on to it.

Grateful thanks to Susan Weed for this extremely helpful book. Not only have I found safe, effective and natural solutions that have helped me already (as well as learning more about the herbs I happened to have in my cupboard - that was handy! And I've made a list of things to pick up that will help even more), but I've been able to make suggestions to friends that I hope will help them, too. It's written in a friendly and concerned "voice" and broken down into her suggestions for premenopausal women (great for those who would like to prepare their bodies for the changes that happen later in life), those in the midst of menopause, and postmenopausal women. More than just herbal recommendations, it contains many wise words for making the Change gracefully on every level. I've already recommended this book to 5 or more friends and haven't quite finished it yet. It's my pleasure to recommend it to you too!

I found it very helpful. It gives very simple and accessible solutions that anybody can have access to it by using common plants, which contain many nutrients; that our bodies are lacking. The recipes are quite simple and cost effective to make at home. I strongly recommend it.

A very comprehensive approach to the wide range of symptoms of menopause. I DID take the herbal route, for which this is invaluable. During the height of my symptoms, it did give me the information I was looking for on HRT and other hormone-related symptom relief. It DOES get a little WOO-WOO, about how we're coming into our own now, and yet she's sort of right about us coming into our own finally, not just as someone's daughter, girlfriend, wife, mother. I bought a copy to keep on my shelf and I normally will borrow books from the library rather than buy.

Honestly, Gathering Information doesn't cost a thing, so PLEASE gather the information Susun Weed has to share. You have to be a bit of a hippie to appreciate the crone-language in which this book is written. If that bothers you, just take what you need, and leave the rest. She covers

everything from Natural Remedies to Conventional Treatments. You can do all of it, some of it, or none of it. My personal experience: I had some flooding that lasted more than a few days. Conventional treatment may have led to having some of my female parts removed, but following Susun's guidelines I tried some tinctures that brought everything back into balance. No more bleeding, and I've still got all my parts! (Obviously: Not a substitution for obtaining real medical advice.)

I love Susun Weed! Hugs Susun!!! Thanks for being a great teacher and helping me to use simples.

This was a gift for a friend. The book was in excellent condition. I would recommend this book to any woman who cares about her health, and wants to learn more about how to take care of herself using natural alternative methods-and what is available. Susun Weed is a wonderful writer, very knowledgeable and sensitive.

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