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~~Menopause—89 It's Soy~~

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~~Menopause — 78~~

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World Today - 193 |

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puberty, is a period of
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metamorphosis. It consists

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Page 18/68

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Menopause is a period of
transition and
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Wise Woman Ways Menopausal
Climax Years The menopausal
climax years include the
year or two before and a

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year or more after your very last menstruation. The average age of a woman in the midst of her Change is 51. But women come to their menopausal climax in their 20s, 30s, and 40s, as well.

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Menopause - Wise Woman Way -
Menopausal changes . . .
Menopause may be a prime
factor in women's greater
longevity. Dr. Kristen
Hawkes of the University of
Utah reports that Hadza

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women in their 50s, 60s, 70s, and beyond gather more food than men or women of other ages and they are as important to the survival of their grandchildren as the children's mothers are.

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Menopause - the Wise Woman
Way

Menopause can change your
life. Our Wise Woman
grandmothers used nourishing
herbal infusions, fermented
dairy products, healthy

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exercise, and simple whole foods to weather their change naturally and live productively another 50 years. You can too.

Healthy Menopausal Years -

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Herbal

Menopause: The Time of the
Wise Woman Spring carries
the energy of the maiden –
the prepubescent girl with
her whole life ahead over
her. Summer is the young

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mother, pregnant or having just given birth. Autumn is the experienced mother, still guiding her children, but watching them make their own decisions.

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Menopause: The Time of the
Wise Woman - Reverie
Acupuncture

She directs the working of
the Wise Woman Center, is a
High Priestess of Dianic
Wicca, and has been inducted
as a Peace Elder. Susun uses

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her encyclopedic knowledge
of herbs and health in her
service of all women.

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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

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goats. Her five books:

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Years the Wise Woman
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hot flashes, mood swings,
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Learn and tell your
daughters. I have sons but
someday i'll tell my
granddaughters. Learn ALL
you can about your body and
how it works. Some people

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may be put off by the "new agey" stuff... laugh at it if you must but look past it at the author's research and organization.

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Woman Way: Alternative ...

On average, most symptoms last around 4 years from your last period. However, around 1 in every 10 women experience them for up to 12

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years. If you experience the menopause suddenly rather than gradually – for example, as a result of cancer treatment – your symptoms may be worse. Changes to your periods

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Called "my menopause bible"

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Completely revised with 100 new pages. Susan S. Weed (author of the best-sellers

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Breast Cancer: Breast
Health! the Wise Woman Way,
Wise Woman Herbal for the
childbearing Year, and
Healing Wise) has completely
rewritten this classic after
listening to over 20,000
women talk about menopause

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and what works for them. 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.

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Recommended by Susan Love MD
and Christiane Northrup MD.
Introduction by Juliette de
Bairacli Levy. Beautifully
illustrated, superbly
indexed, wrapped in the
healing cloak of the Ancient
Ones, this is a book for

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Women of all ages who want strong bones, healthy hearts, and a long, joyous life without hormones.

Susun Weed (author of best-seller "Wise Woman Herbal for the Childbearing Year")

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spent three years talking with more than 10,000 women about their menopause. She discovered that their experiences differ hugely from most published accounts:

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Women's health care for
child bearing years.

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Foods, exercises, and
attitudes to keep your
breasts healthy. Supportive
complimentary medicines to
ease side-effects of

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surgery, radiation,
chemotherapy, or tamoxifen.

Covering men's and women's
topics, this is a "full
range of integrative,
alternative, and orthodox
options, including herbal,

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homeopathic, and energy
medicines."

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Healing Wise sets forth the
foundations of the Wise
Woman Tradition, contrasting
them with the Heroic and
Scientific views of healing.

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Weeds draw us into ancient wisdom in a clear and refreshing way, says herbalist Rosemary Gladstar. I see the Wise Woman. She carries a blanket of compassion. She wears a robe of wisdom. From her

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shoulders, a mantle of power flows. She ties the threads of our lives together. I see the Wise Woman. And she sees me. Seven herbs -- burdock, chickweed, dandelion, nettle, oatstraw, seaweed, and violet -- are explored

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in depth. Each monograph includes the voice of the herb, a weed walk to encounter the herb in its environment, detailed instructions for harvesting and preparation, properties and uses for every part of

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the herb, pertinent facts,
fun folklore, and recipes
for gourmet foodstuffs,
wines, beers, cosmetics, and
more.

It's all there: Seven
Medicines to help you be

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A guide for improving a woman's physical and mental health from age 35 and on. It covers topics of vital interest to perimenopausal and postmenopausal women:

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hot flashes, vaginal
dryness, poor sleep, memory
loss, mood changes,
depression, hormone
replacement therapy, sleep,
diet, exercise, weight
control, and healthy sex.

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Offers advice on a natural, effective, hormone-free treatment for the symptoms of menopause. and includes exercise, foods and herbs, and preventive medicine.

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