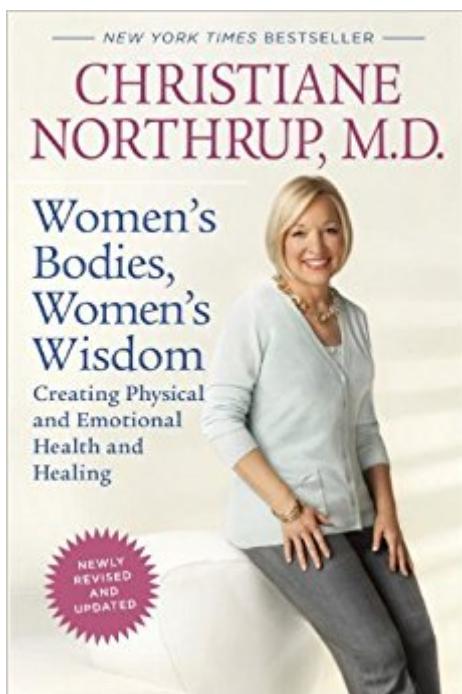


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# Women's Bodies, Women's Wisdom (Revised Edition): Creating Physical And Emotional Health And Healing



## Synopsis

When it was first published in 1994, *Women's Bodies, Women's Wisdom* quickly became an international bestseller, and it has remained the veritable bible of women's health. Now, in this revised and updated edition, world-renowned and much-beloved women's health expert Dr. Christiane Northrup shares with us the latest developments and advances that will maximize our potential for living well in our bodies today. Inside you will discover new material on sexuality and how to have a more fulfilling sex life; the spiritual and scientific principles behind healing from terminal illnesses, and how you can utilize these principles for your own health and the health of others; vital information about how to truly dissolve PMS and ease menstrual cramps; extraordinary facts on Vitamin D and why it is crucial for breast, cardiovascular, and immune system health; the importance of the preconception diet and how to greatly decrease your risk of birth defects; how to birth naturally, despite the current induction and C-section epidemic; all you need to know about thyroid function, including proper blood tests; life-saving facts about cellular inflammation—the root cause of all chronic degenerative diseases; and how to prevent this condition. The essentials on the "fountain of youth" molecule—and how to enhance your levels of it for vibrant health. Living a healthy life in a woman's body can be downright fun—even ecstatic! And that's good news for everyone—women, men, and their children.

## Book Information

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## Customer Reviews

"I recommend "Women's Bodies, Women's Wisdom to all women and also to all men who want to understand and nourish the women in their lives."--Deepak Chopra, M.D., author of "Ageless Body, Timeless Mind "A masterpiece for every woman who has an interest in her body, her mind and her soul."--Caroline Myss, Ph.D., author of "Anatomy of the Spirit ""Women's Bodies, Women's Wisdom is a gateway to the deepest understanding of health and well-being."--Joan Borysenko, Ph.D., author of "Minding the Body, Mending the Mind and "A Woman's Book of Life "This book demonstrates the reemergence of the feminine in healing, a force that has kept the inner pulse of healing beating for centuries. If you can't have Dr. Northrup for your doctor, read her book."--Larry Dossey, M.D., author of "Healing Words and "Meaning & Medicine "From the Trade Paperback edition."I recommend "Women's Bodies, Women's Wisdom" to all women and also to all men who want to understand and nourish the women in their lives."--Deepak Chopra, M.D., author of "Ageless Body, Timeless Mind" "A masterpiece for every woman who has an interest in her body, her mind and her soul."--Caroline Myss, Ph.D., author of "Anatomy of the Spirit" ""Women's Bodies, Women's Wisdom" is a gateway to the deepest understanding of health and well-being."--Joan Borysenko, Ph.D., author of "Minding the Body, Mending the Mind" and "A Woman's Book of Life" "This book demonstrates the reemergence of the feminine in healing, a force that has kept the inner pulse of healing beating for centuries. If you can't have Dr. Northrup for your doctor, read her book."--Larry Dossey, M.D., author of "Healing Words" and "Meaning & Medicine" "From the Trade Paperback edition." I recommend Women's Bodies, Women's Wisdom to all women and also to all men who want to understand and nourish the women in their lives." -- Deepak Chopra, M.D., author of "Ageless Body, Timeless Mind" " A masterpiece for every woman who has an interest in her body, her mind and her soul." -- Caroline Myss, Ph.D., author of "Anatomy of the Spirit" " Women's Bodies, Women's Wisdom is a gateway to the deepest understanding of health and well-being." -- Joan Borysenko, Ph.D., author of Minding the Body, Mending the Mind and "A Woman's Book of Life" " This book demonstrates the reemergence of the feminine in healing, a force that has kept the inner pulse of healing beating for centuries. If you can't have Dr. Northrup for your doctor, read her book." -- Larry Dossey, M.D., author of "Healing Words" and "Meaning & Medicine""I recommend Women's Bodies, Women's Wisdom to all women and also to all men who want to understand and nourish the women in their lives."--Deepak Chopra, M.D., author of "Ageless Body, Timeless Mind" "A masterpiece for every woman who has an interest in her body, her mind and her soul."--Caroline Myss, Ph.D., author of "Anatomy of the Spirit" "Women's Bodies, Women's Wisdom is a gateway to the deepest understanding of health and well-being."--Joan Borysenko, Ph.D., author of "Minding the Body, Mending the Mind" and "A Woman's Book of Life" "This book demonstrates the

reemergence of the feminine in healing, a force that has kept the inner pulse of healing beating for centuries. If you can't have Dr. Northrup for your doctor, read her book."--Larry Dossey, M.D., author of "Healing Words" and "Meaning & Medicine"

Christiane Northrup, M.D., is also the author of the #1 New York Times bestseller *The Wisdom of Menopause* and *Mother-Daughter Wisdom*, and the host of seven public television specials. A board-certified OB/GYN and past president of the American Holistic Medical Association with more than twenty years of clinical and medical teaching experience, Dr. Northrup was a pioneer in the partnership between conventional and complementary medicine. Her work has been featured on *The Oprah Winfrey Show*, *Today*, and *Good Morning America*, among many others. She lives in Maine and is the mother of two adult daughters.

I ordered this book for a course I am taking, and am so glad that I know it exists! I spent last year looking for a book just like this, but didn't know where to find it. Christiane Northrup explains the mind-body connection, using women's real-life stories and science in a way that is clear to understand. This book is empowering and enlightening for any woman, giving women the permission and strength to take our health into our own hands. I honestly think that every woman should own a copy of this book! Packed with great info, it makes you excited to be your healthiest self!

Dr. Northrup's books are very thorough and complete, and I find them great to have as reference books which I turn to often over the years. I have this (bought a newer edition to replace my old, well-worn one) and her book on menopause. I have bought this book as a gift as well. She writes like she sounds on TV - very clear, easy to understand, insightful, detailed without being too complex. It's an easy read with personal stories and examples of the conditions, symptoms and solutions she discusses.

This is one of my favorite books, the type of book I can't put down. Lots of information on how to be healthy, happy, and in tune with one's femininity.

This is a fantastic book because the author is an MD but she also has a very holistic mind/ body approach to selfcare and medical care. I have read her books and reread them for years just to review her statements concerning how much stress level and mental/emotional health relate to

physical health.

My therapist recommended this book to me and I was very surprised when it arrived and was about 900 pages. I have not read it completely as at the moment I have no use for the chapters on pregnancy and menopause, though I do plan to read the pregnancy chapters soon and will add to this review. I would have given the book 5 stars but there were a few things that I didn't really like. This book is very interesting, the author is a gynecologist but talks about a lot of things I would assume traditional Western gynecologists don't speak to their patients about, such as how our menstrual cycles align with the lunar cycle and a great deal of Eastern medical ideas. My therapist recommended it mainly because I have gynecological issues and the book talks a lot about accepting our cycles as a normal part of our female lives. It also contains a great deal of useful information on everything from the various parts of your cycle, gynecological problems, PMS, hormone imbalances and everything else in between. There is a great deal of information on female sexuality and anatomy as well. Overall, I think this is a great book and almost a reference manual that every woman should at least read, if not own.

Christiane Northrup presents a wonderful combination of practical advice from a highly skilled medical doctor, and considerable wisdom and open mindedness with respect to how we take care of ourselves as women. I gave this book to both of my young adult daughters and have a copy myself. This is a fantastic resource to have in your library.

If I had Dr. Northrup as my physician I would have been healthy in mind, body and soul a long time ago. I believe she has probably forgotten more than most, so called, "doctors" know. Dr. Northrup educates, in depth and incredible scope, her knowledge of healing which is not limited to Western medicine. I currently have, from a teaching hospital/facility, mind you, an internist, cardiologist, genetics/endocrinologist...and probably a few others that I forgot. Know what? In nine months of health care they have collectively done nothing to heal me; they have failed to diagnose me; in short, they have been a waste of time and money...which I am beginning to believe is the POINT of how so called Western medicine is structured. After all, if we are healed, then we will not need to spend money on doctors and expensive drugs will we? Reading this book has been the most sobering experience of my life. Dr. Northrup also has a wicked sense of humor, which comes out delightfully in the most unexpected places. Every woman, and man, should read this book. And the book is extensively researched with many, many websites and other doctors' information as

addendums. Read this book. Then think about the medical care you have received all your life. I guarantee you that this book will save many, many lives; improve the quality of many lives; and educate America on the difference between the "doctor mills" and true healing and well-being. IF YOU BUY ONLY ONE BOOK THIS YEAR...BUY THIS ONE.

Great a gift for every woman.

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