

Audiobook Supplemental Material

The Wisdom of Menopause

Creating Physical and Emotional Health
During the Change

Revised and Updated



Christiane Northrup, M.D.



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Acknowledgments

I would first like to acknowledge all those whose skills and insights helped me birth the first edition of this book during my own perimenopause back in the early 2000s, especially the late Joel Hargrove, M.D., and the masterly and legendary editor Toni Burbank.

For this updated version, I gratefully thank:

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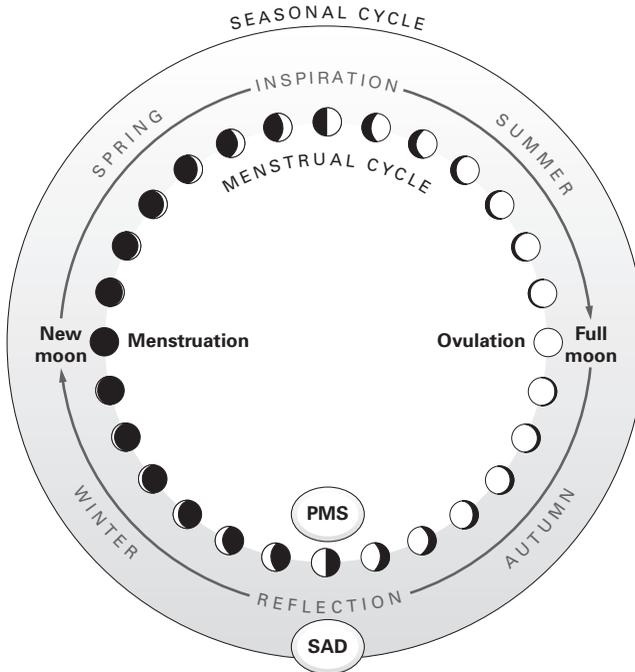
Diane Grover for being the rock at the center of my whole life, my CEO of Everything. Thank you for keeping everything organized, clear, fun, meaningful, and on track—for over forty years. Diane is the woman behind the woman—and also the woman beside the woman. She is a first-chakra genius for whom I am enormously grateful every day. Together we are a miracle team.

Charlie Grover, Diane's husband, whose good humor and willingness to provide backup and down-to-earth commentary are precious.

Because of all of you, I feel and see the light of women's wisdom shining ever more brilliantly across this beautiful planet of ours.

Christiane Northrup, M.D.

FIGURE 1: THE FIRST TWO WAKE-UP CALLS: PMS AND SAD



PMS is to the monthly cycle as SAD is to the annual cycle. Both conditions respond to the same treatment while asking us to deepen our connection to our cyclic wisdom.

ANATOMY OF MENOPAUSAL WISDOM

Menopause combines the wisdom of the prior stages and brings it to a new level.

| Body Process | Encoded Wisdom |
|-------------------------|---|
| MENSTRUAL CYCLE | Cyclic intuitive wisdom and emotional recycling and processing |
| PREGNANCY/ FERTILITY | Capacity to conceive an idea or a life with another, hold it, nurture it, and allow it to be born |
| MENOPAUSE | Passage into the wisdom years Capacity to be open to constant intuitive knowing Reseeding the community |

FIGURE 2: CURRENTS OF WISDOM

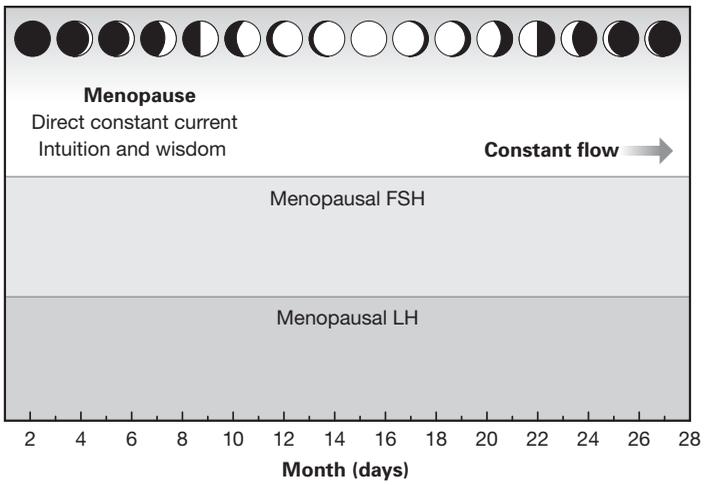
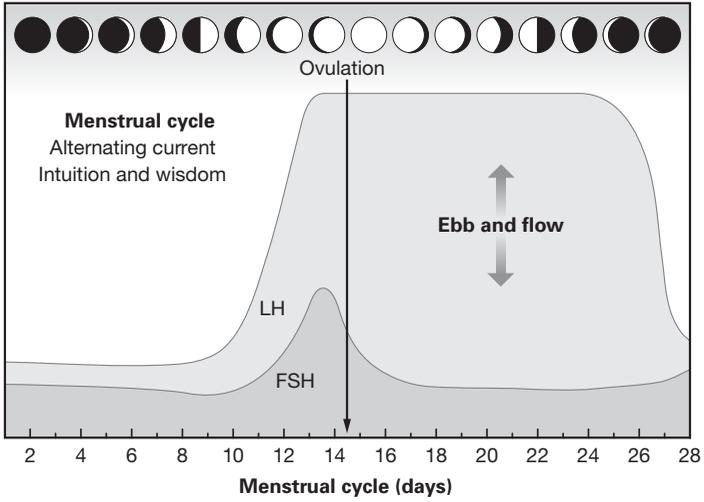
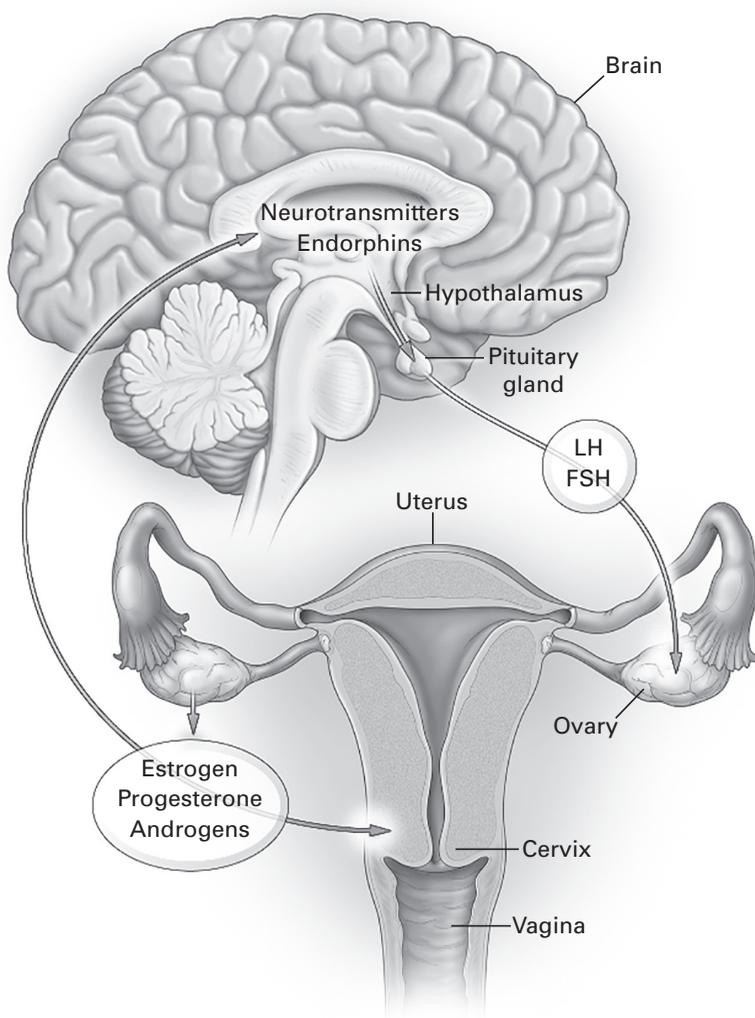


FIGURE 3: THE HYPOTHALAMUS-PITUITARY-OVARY CONNECTION

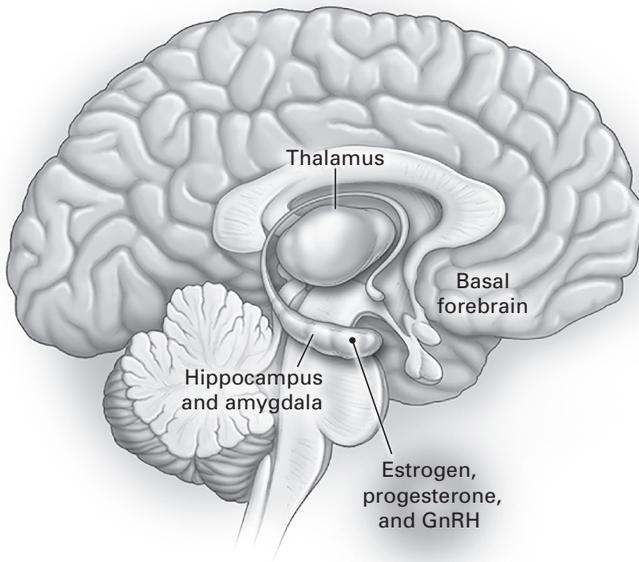


The brain and the reproductive organs are intimately connected by a complex series of feedback loops.

FIGURE 4: REWARD ACROSS THE LIFE CYCLE

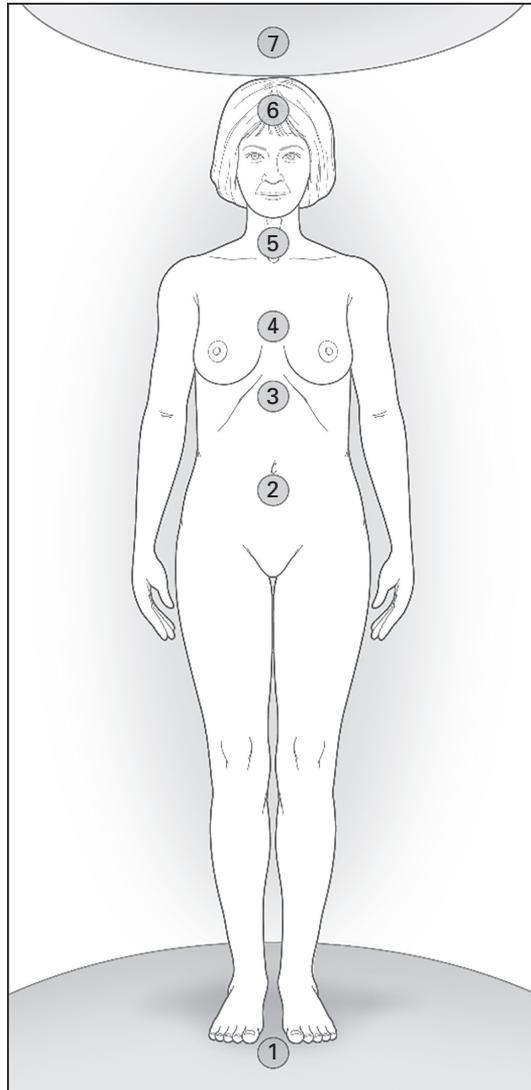


FIGURE 5: WHY TRAUMATIC MEMORIES MAY BE RELIVED AT MIDLIFE



The brain's memory centers are rich in receptors for the hormones that fluctuate in perimenopause.

FIGURE 6: EMOTIONAL ANATOMY



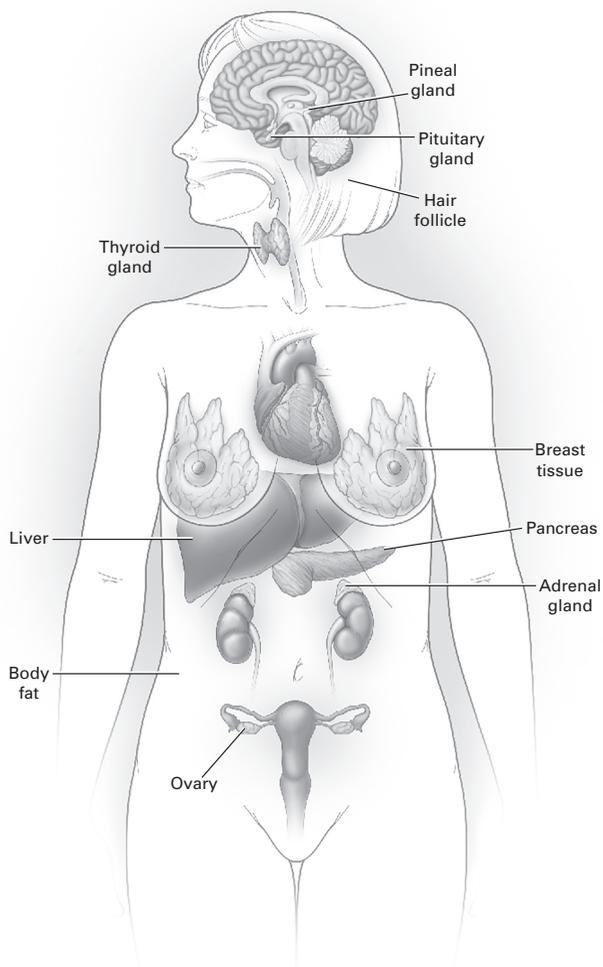
The connection between emotions and physical anatomy comes together in the seven emotional centers. These correspond roughly to traditional energy maps of the body that delineate seven energetic centers or chakras.

**THE SEVEN EMOTIONAL-ENERGY CENTERS
THE PHYSICAL EFFECT OF MENTAL
AND EMOTIONAL PATTERNS**

| Emotional Center | Organs | Mental, Emotional Issues |
|------------------|---|--|
| 7 | Can involve any system | Ability to sense or trust in life's purpose Connection to God or universal source of energy Ability to balance responsibility for life events with acceptance of things we cannot control |
| 6 | Brain Eyes Ears Nose Pineal gland | Perception: clarity vs. ambiguity Thought: left brain vs. right brain; rational vs. nonrational Morality: conservative vs. liberal; social rules vs. individual conscience Repression vs. lack of inhibition |
| 5 | Thyroid Trachea Neck vertebrae Throat, mouth, teeth, and gums | Communication: expression vs. comprehension (speaking vs. listening) Timing: pushing forward vs. waiting; feeling rushed or like there's not enough time Will: my will or Thy will |
| 4 | Heart, lungs Blood vessels Shoulders Ribs, breasts Diaphragm Upper esophagus | Emotional expression: capacity to feel fully, express joy and love, resolve anger, hostility, and grief; experience forgiveness Relationships: capacity to form mutual reciprocal partnerships with balance; nurturing self vs. nurturing others; intimacy with others vs. capacity to be alone |

| Emotional Center | Organs | Mental, Emotional Issues |
|------------------|--|--|
| 3 | Abdomen Upper intestines Liver, gallbladder Lower esophagus Stomach Kidney, pancreas Adrenal gland Spleen Middle spine | Self-esteem, self-confidence, and self-acceptance Personal power; competence and skills in the outer world Overresponsibility vs. irresponsibility Addictions to sugar, alcohol, drugs, and tobacco Aggression vs. defensiveness Competitiveness vs. noncompetitiveness; winning vs. losing |
| 2 | Uterus, ovaries Vagina, cervix Large intestine Lower vertebrae Pelvis Appendix Bladder | Personal power: sex, money, and relationships Fertility and generativity: individual creativity vs. co-creation with others Boundaries in relationships: dependency vs. independence; giving vs. taking; assertiveness vs. passivity (being pissed off) |
| 1 | Muscles, bones Spine Blood Immune system | Safety/security in the world; knowing when to trust or mistrust Knowing when to feel fear and when not to Balance between independence and dependence |

FIGURE 7: HORMONE-PRODUCING BODY SITES



The healthy body is equipped to produce all the hormones a woman needs throughout her life. This natural ability can be supported or thwarted, depending on lifestyle patterns and the state of a woman's health—physically, emotionally, spiritually, and situationally.

Program for Healing Thyroid Issues

STEP 1: Get your thyroid hormones tested. You'll want a test that gives your levels of TSH, antithyroid antibodies, T3, and T4. But remember that any blood test measures just one point in time, and even if all your levels are normal, you might still have suboptimal thyroid function. Trust how you feel more than a test result.

STEP 2: Add thyroid-nourishing supplements to your diet that also help your body quell EBV if it's present (and it probably is). These include the following:

- Curcumin (turmeric) (10 mg once or twice per day)
- L-lysine (500 mg to 2,000 mg once or twice a day)
- Vitamin C or Ester-C (2,000 to 10,000 mg per day; you will know you have saturated your tissues when your stools are loose, so when you hit that point, cut the amount slightly)
- Methylcobalamin, which is a methylated form of vitamin B₁₂ (0.5 to 3 mg per day)
- Vitamin D, if your levels are below 40–80 ng/ml (take 5,000 to 10,000 IU a day until levels are optimal)
- Lemon balm extract (two to six dropperfuls per day)
- Cat's claw liquid extract (two to four dropperfuls per day)
- Zinc (7.5 mg of zinc in tablet form twice a day, or two to four dropperfuls of liquid zinc per day; I like the liquid zinc from vimergy.com)
- ReMag and ReMyte mineral solutions (½ to 1 teaspoon of each per day, although the dosage is quite individual, so start slow and build up; available from www.rnareset.com or Amazon)
- Pico silver solution (1 teaspoon per day; available from www.rnareset.com or Amazon)
- Chaga mushroom powder (1 tablespoon in 12 oz. of hot water as a tea; add a tablespoon of honey)

STEP 3: Take a good source of iodine, such as Atlantic dulse powder (1 tablespoon per day in smoothies or soup), kombu (place a piece of soaked kombu in the cooking water for oatmeal or brown

rice or in any soup; remove the kombu after cooking), or Lugol's solution (1 to 7 drops per day in water, tea, or soup).

STEP 4: Follow an anti-inflammatory diet that includes foods such as celery, sweet potatoes, Brussels sprouts, spinach, kale, collards, carrots, broccoli, cabbage, cauliflower, tomatoes, bananas, mangos, dates, apples, and wild Maine blueberries. Celery juice in particular is very helpful—drink 16 oz. per day on an empty stomach, first thing in the morning. Also eliminate foods that feed viruses, such as eggs, dairy, soy, and gluten. Give this at least a month—it may be all you need to do to feel a lot better. For more on this, I highly recommend that you read Anthony William's book *Medical Medium Thyroid Healing* (Hay House, 2017). The work of Carolyn Dean, M.D., N.D., author of *The Magnesium Miracle* (Ballantine, 2003; updated in 2017), is also excellent.

STEP 5: Find a coach or good friend to assist you in finding your voice and your will. Some good ways to practice this include writing a letter to express something important to you (even if you never send it), toning (similar to chanting) or singing, and using affirmations (such as “My voice is powerful and readily received” or “I have a song to sing, and I sing it with joy and confidence”). Meditation and other stress reduction techniques such as the Emotional Freedom Technique (also called tapping) are also helpful because viruses can't live in the peaceful alkaline environment such practices help foster.

Particularly if you are in a close relationship with a narcissist, you need to know what you're dealing with and get the right kind of help. I highly recommend *The Empath's Survival Guide* (Sounds True, 2017) by Judith Orloff, M.D. Dr. Orloff also has a very active Facebook group for empaths. And then there is Melanie Tonia Evans's Narcissistic Abuse Recovery Program online and her large social media platform loaded with helpful information (www.melanietoniaevans.com).

FIGURE 8: MENOPAUSAL SYMPTOMS TIMELINE

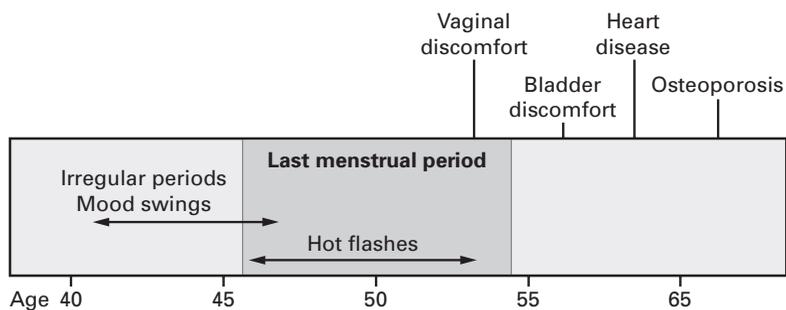


FIGURE 9: KINDS OF ESTROGEN

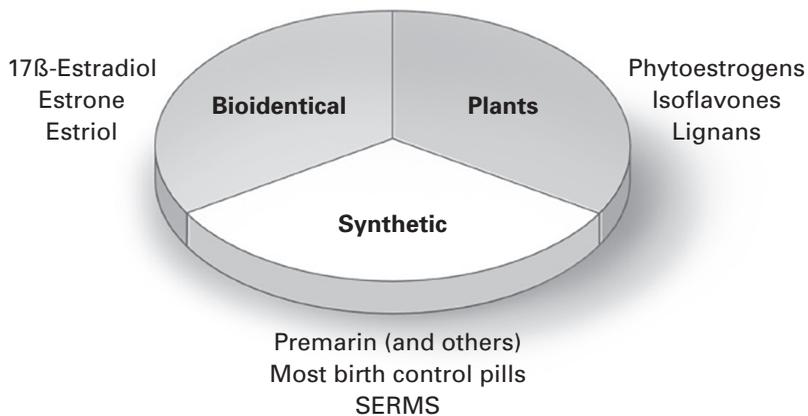
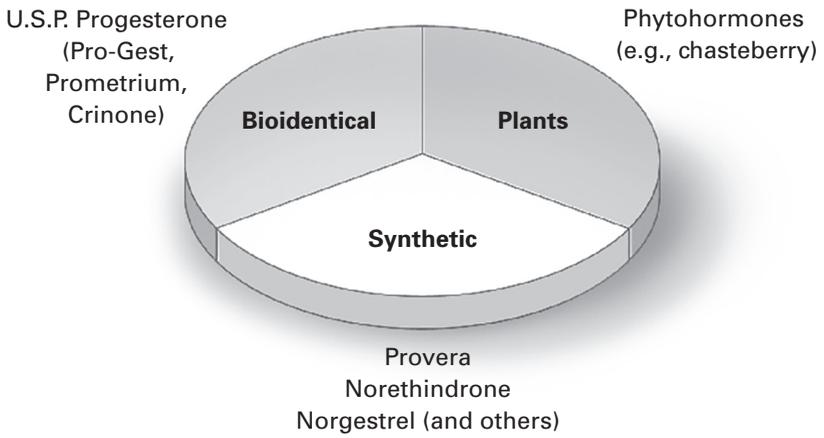


FIGURE 10: KINDS OF PROGESTERONE



Selected Hormone Options

| Product | Route of Administration | Estrogen | Progesterone | Bioidentical or Synthetic (for humans) |
|---------------|-------------------------|----------------------------|-----------------------------|---|
| ESTRING | Vaginal silicone ring | Estradiol | None | Bioidentical |
| VIVELLE-DOT | Skin patch | Estradiol | None | Bioidentical |
| DIVIGEL | Transdermal gel | Estradiol | None | Bioidentical |
| ESTROGEL | Transdermal gel | Estradiol | None | Bioidentical |
| AYGESTIN | Oral | None | Norethindrone acetate | Synthetic |
| PROVERA | Oral | None | Medroxyprogesterone acetate | Synthetic |
| AMEN ORAL | Oral | None | Medroxyprogesterone acetate | Synthetic |
| PROMETRIUM | Oral | None | Micronized progesterone | Bioidentical |
| CRINONE | Vaginal gel | None | Progesterone | Bioidentical |
| PROCHIEVE | Vaginal gel | None | Progesterone | Bioidentical |
| PREMPRO | Oral | Conjugated horse estrogens | Medroxyprogesterone acetate | Synthetic |
| FEMHRT | Oral | Ethinyl estradiol | Norethindrone acetate | Synthetic |
| ORTHO-PREFEST | Oral | 17- β -estradiol | Norgestimate | Bioidentical estrogen, synthetic progesterone |
| COMBI-PATCH | Skin patch | Estradiol | Norethindrone acetate | Bioidentical estrogen, synthetic progesterone |
| ANGELIQ | Oral | Estradiol | Drospirenone | Bioidentical estrogen, synthetic progesterone |
| ALORA | Skin patch | Estradiol | None | Bioidentical |
| CLIMARA | Skin patch | Estradiol | None | Bioidentical |
| CLIMARA PRO | Skin patch | Levonorgestrel | None | Bioidentical estrogen, synthetic progesterone |
| ESTRASORB | Cream | Estradiol | None | Bioidentical |
| EVAMIST | Spray | Estradiol | None | Bioidentical |
| FEMRING | Vaginal silicone ring | Estradiol acetate | None | Bioidentical |
| VAGIFEM | Vaginal tablets | Estradiol | None | Bioidentical |
| IMVEXXY | Vaginal inserts | Estradiol | None | Bioidentical |

DETOX SMOOTHIE RECIPE

The following recipe is based on the standard detox smoothie recommended by Anthony William, the Medical Medium.

Ingredients:

2–3 organic bananas

2 cups wild Maine blueberries (I use frozen ones that I buy in five-pound boxes and keep in the freezer)

1 orange

1 bunch fresh cilantro (just use a handful—about 1 cup)

1 teaspoon Hawaiian spirulina

1 teaspoon barley grass juice powder

1 tablespoon organic Atlantic dulse powder

1 heaping tablespoon CurrantC black currant concentrate (Available from www.currantc.com, this stuff is, in my view, the “secret sauce.” It adds a tart flavor and beautiful color to this smoothie. Black currants also have one of the highest ORAC scores of any food. ORAC is an acronym for “oxygen radical absorbance capacity,” and an ORAC score is a measure of the level of antioxidant and anti-inflammatory activity of a food or supplement.)

Directions:

Blend all the ingredients in a Vitamix or blender. This makes about one quart of smoothie, which is enough for one person to consume throughout the day. I like drinking this in two 16-oz. servings. I squeeze the juice of half a lemon on top of each serving and stir it in. If I have guests, I serve it in 8-oz. glasses as a morning libation. Don't forget the lemon juice. You can also add many other things to this smoothie once it's in a glass. A few examples include liquid cat's claw herb, lemon balm, liquid B₁₂, zinc, or pico silver (I use the brand created by Carolyn Dean, M.D., N.D., available at rnareset.com). These individual herbs are all useful for various conditions, including Epstein-Barr virus problems.

CELERY JUICE: A MIRACLE FOOD

I first learned about the amazing health benefits of fresh celery juice from my friend Anthony William, the Medical Medium. It contains sodium cluster salts that are antiviral and which help heal the gut. I figured I'd give it a try, as have thousands around the world. Without going into all the benefits, let me share my experience.

I often drink 16 oz. of fresh celery juice every morning upon arising, on an empty stomach. Nothing else added. And I don't drink or eat anything for thirty minutes thereafter. I make it fresh each morning. The juice is hydrating, detoxifying, and cleansing—and it's delicious. It also stimulates normal bowel function far better than a cup of coffee.

If there were one dietary practice I would recommend to those who want to restore their health and digestive function, it would be to start the day with fresh celery juice.

For more information, read *Medical Medium Celery Juice* (Hay House, 2019) by Anthony William.

FIGURE 11: BODY MASS INDEX CHART

| | | Height (Feet and Inches) | | | | | | | | | | | | | | | | |
|-----------------|-----|--------------------------|------|------|------|------|------|------|------|------|------|-------|-------|------|------|------|------|------|
| | | 5'0" | 5'1" | 5'2" | 5'3" | 5'4" | 5'5" | 5'6" | 5'7" | 5'8" | 5'9" | 5'10" | 5'11" | 6'0" | 6'1" | 6'2" | 6'3" | 6'4" |
| Weight (Pounds) | 100 | 20 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 14 | 14 | 14 | 13 | 13 | 12 | 12 |
| | 105 | 21 | 20 | 19 | 19 | 18 | 17 | 17 | 16 | 16 | 16 | 15 | 15 | 14 | 14 | 13 | 13 | 13 |
| | 110 | 21 | 21 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 13 |
| | 115 | 22 | 22 | 21 | 20 | 20 | 19 | 19 | 18 | 17 | 17 | 17 | 16 | 16 | 15 | 15 | 14 | 14 |
| | 120 | 23 | 23 | 22 | 21 | 21 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 15 |
| | 125 | 24 | 24 | 23 | 22 | 21 | 21 | 20 | 20 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 16 | 15 |
| | 130 | 25 | 25 | 24 | 23 | 22 | 22 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 16 | 16 |
| | 135 | 26 | 26 | 25 | 24 | 23 | 22 | 22 | 21 | 21 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 16 |
| | 140 | 27 | 26 | 26 | 25 | 24 | 23 | 23 | 22 | 21 | 21 | 20 | 20 | 19 | 18 | 18 | 17 | 17 |
| | 145 | 28 | 27 | 27 | 26 | 25 | 24 | 23 | 23 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 |
| | 150 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 23 | 23 | 22 | 22 | 21 | 20 | 20 | 19 | 19 | 18 |
| | 155 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 20 | 20 | 19 | 19 |
| | 160 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 21 | 20 | 19 |
| | 165 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 21 | 20 |
| | 170 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 21 |
| | 175 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 |
| | 180 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 |
| | 185 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 23 |
| | 190 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 |
| | 195 | 38 | 37 | 36 | 35 | 33 | 32 | 31 | 31 | 30 | 29 | 28 | 27 | 26 | 26 | 25 | 24 | 24 |
| 200 | 39 | 38 | 37 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 27 | 26 | 26 | 25 | 24 | |
| 205 | 40 | 39 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 29 | 28 | 27 | 26 | 26 | 25 | |
| 210 | 41 | 40 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | |
| 215 | 42 | 41 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 28 | 27 | 26 | |
| 220 | 43 | 42 | 40 | 39 | 38 | 37 | 36 | 34 | 33 | 32 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | |
| 225 | 44 | 43 | 41 | 40 | 39 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 31 | 30 | 29 | 28 | 27 | |
| 230 | 45 | 43 | 42 | 41 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | |
| 235 | 46 | 44 | 43 | 42 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 29 | |
| 240 | 47 | 45 | 44 | 43 | 41 | 40 | 39 | 38 | 36 | 35 | 34 | 33 | 33 | 32 | 31 | 30 | 29 | |
| 245 | 48 | 46 | 45 | 43 | 42 | 41 | 40 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 31 | 30 | |
| 250 | 49 | 47 | 46 | 44 | 43 | 42 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | |

Underweight
 Weight Appropriate
 Overweight
 Obese

EDUCATE YOURSELF

All of the following books contain meal plans and recipes that have helped thousands of women lose or maintain their weight. All of them will help balance hormones as well as insulin and will help decrease cellular inflammation. I recommend that you go to a library or your local bookstore and look through a few of them. Then choose the one that speaks to you.

Medical Medium Cleanse to Heal (Hay House, 2020) by Anthony William. Also check out Anthony's cleanse online at www.medicalmedium.com/blog/medical-medium-28-day-cleanse.

Colorado Cleanse 3.0 (LifeSpa, 2013) by John Douillard, D.C.

The Hormone Fix (Ballantine Books, 2019) by Anna Cabeca, D.O., which includes her Keto-Green diet plan

Always Hungry? (Hachette, 2016) by David Ludwig, M.D., Ph.D.

Always Delicious (Hachette, 2018) by David Ludwig, M.D., Ph.D., and Dawn Ludwig; a companion book to *Always Hungry?*

Medical Medium Celery Juice (Hay House, 2019) by Anthony William

Wheat Belly (Rodale, 2011) by William Davis, M.D.

Wheat Belly 30-Minute (or Less!) Cookbook (Rodale, 2013) by William Davis, M.D.

The Magnesium Miracle (Ballantine Books, 2003, most recently updated in 2017) by Carolyn Dean, M.D., N.D.

The PlantPlus Diet Solution (Hay House, 2014) by Joan Borysenko, Ph.D.

Recipes for Change: Gourmet Wholefood Cooking for Health and Vitality at Menopause (Dutton, 1996) by Lissa DeAngelis and Molly Siple

The No-Grain Diet (Dutton, 2003), by Joseph Mercola with Alison Rose Levy

The New Glucose Revolution: The Authoritative Guide to the Glycemic Index—the Dietary Solution for Lifelong Health (Marlowe & Company, 2006), by Jennie Brand-Miller, Thomas Wolever, Kaye Foster-Powell, and Stephen Colagiuri

The Plant Paradox (Harper Wave, 2017), by Steven R. Gundry, M.D. Dr. Gundry is a cardiovascular surgeon with years of experience helping people reverse cardiovascular disease. His work on diet is fascinating and has helped thousands restore their health.

Like me, you may find yourself vacillating between vegan, low-fat, and paleo, depending upon the season, with a cleanse added every six months or so. Keep trying new things, and remember—there is no magic bullet that works for everyone when it comes to diet. So don't be fooled.

PERIMENOPAUSE SUPPLEMENT PROGRAM

Over the years I've seen hundreds of patients who have been helped by a good supplement program such as the one below.

Following this program means that you'll have to give up the idea of getting everything you need in one tablet. You'll probably end up taking ten or more capsules or tablets per day. Think of them as food, not medicine.

Antioxidants

| | |
|----------------------------------|-----------------|
| Vitamin C | 1,000–5,000 mg |
| Vitamin D ₃ | 2,000–10,000 IU |
| Vitamin A (as beta-carotene) | 25,000 IU |
| Vitamin E (as mixed tocopherols) | 200–800 IU |
| Glutathione | 2–10 mg |
| Alpha-lipoic acid | 10–100 mg |
| Coenzyme Q ₁₀ | 50–100 mg |

Omega-3 Fats

| | |
|-----|--|
| DHA | 200–2,500 mg |
| EPA | 500–2,500 mg (total of 1,000–5,000 mg) |

B Complex Vitamins

| | |
|------------------------------------|------------|
| Thiamine (B ₁) | 8–100 mg |
| Riboflavin (B ₂) | 9–50 mg |
| Niacin (B ₃) | 20–100 mg |
| Pantothenic acid (B ₅) | 15–400 mg |
| Pyridoxine (B ₆) | 10–100 mg |
| Methylcobalamin (B ₁₂) | 20–250 mcg |
| Methylated folic acid | 1,000 mcg |
| Biotin | 40–500 mcg |
| Inositol | 10–500 mg |
| Choline | 10–100 mg |

Minerals

| | |
|---|--|
| Calcium | 500–1,200 mg (amount depends on calcium content of diet) |
| Magnesium | 400–1,000 mg (I prefer ReMag because it's so absorbable; available at www.rnareset.com) |
| Potassium | 200–500 mg |
| Zinc | 6–50 mg (liquid zinc is very absorbable; I get mine from www.vimergy.com) |
| Manganese | 1–15 mg |
| Boron | 2–9 mg |
| Copper | 1–2 mg |
| Iron | 15–30 mg |
| Chromium | 100–400 mcg |
| Iodine | 3–12.5 mg |
| Selenium | 50–200 mcg |
| Molybdenum | 10–20 mcg |
| Vanadium | 50–100 mcg |
| Trace minerals— usually from marine mineral complex | |

FIGURE 12: TYPES OF FIBROIDS

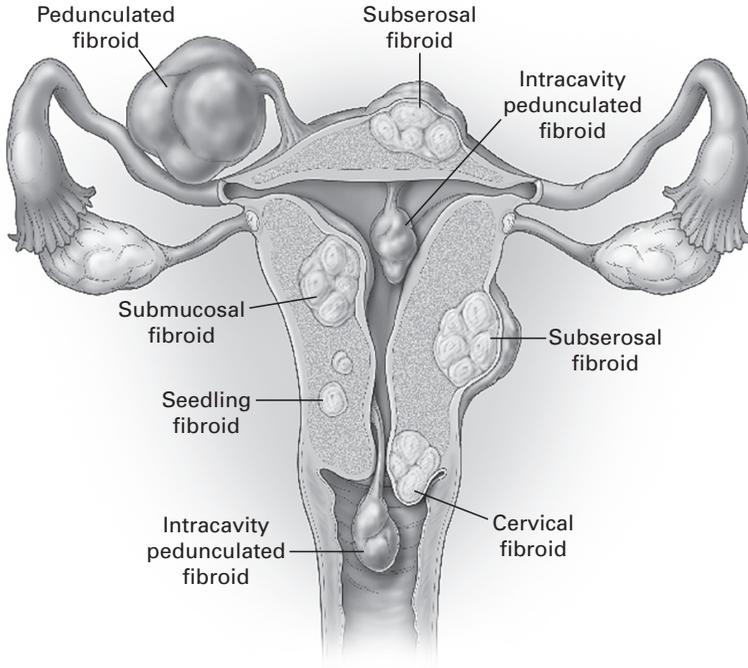


FIGURE 13: PELVIC ORGANS WITH SUPPORTING MUSCLES

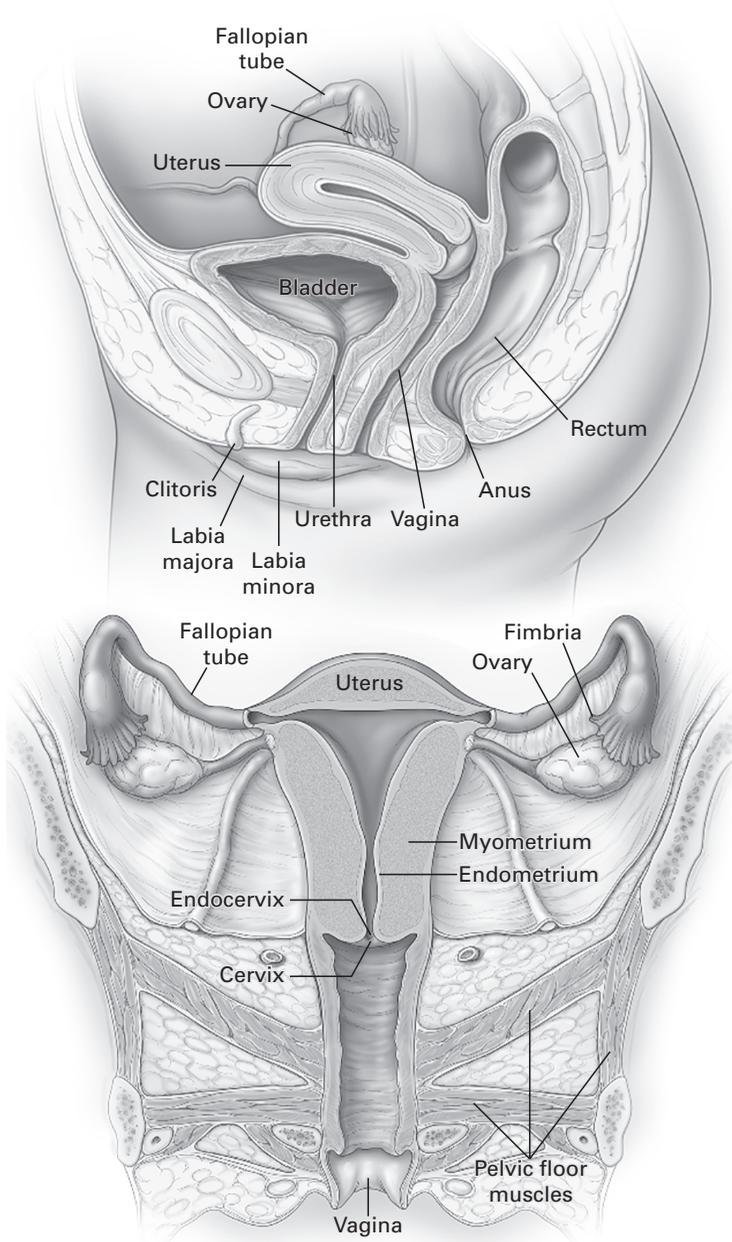


FIGURE 14: THE CLITORAL SYSTEM

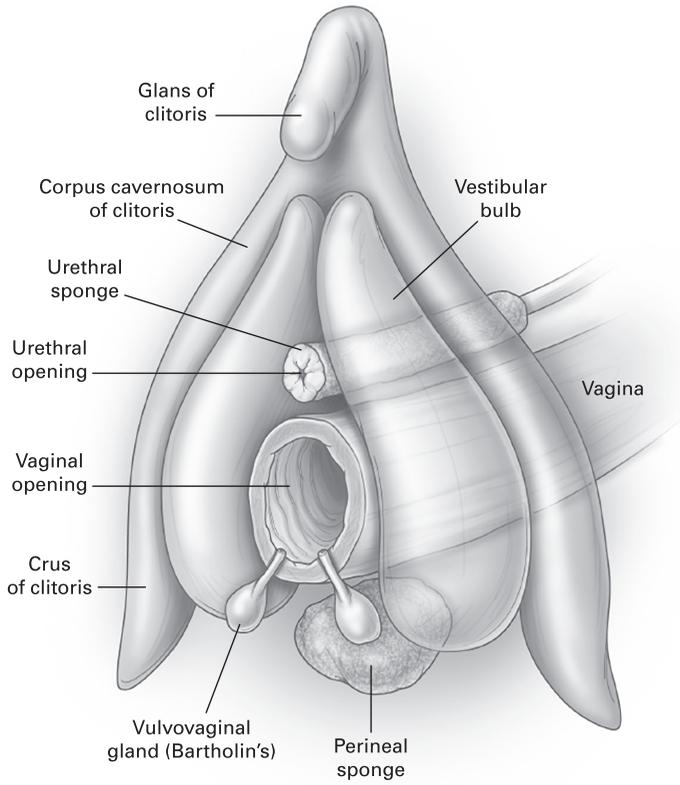


FIGURE 15: THE ANATOMY OF THE SKIN

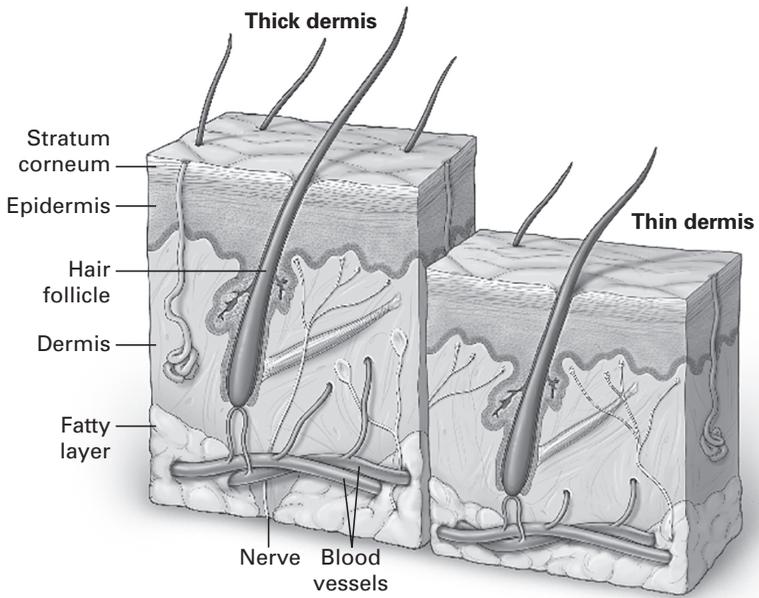


FIGURE 16: FEMALE VERTEBRAE

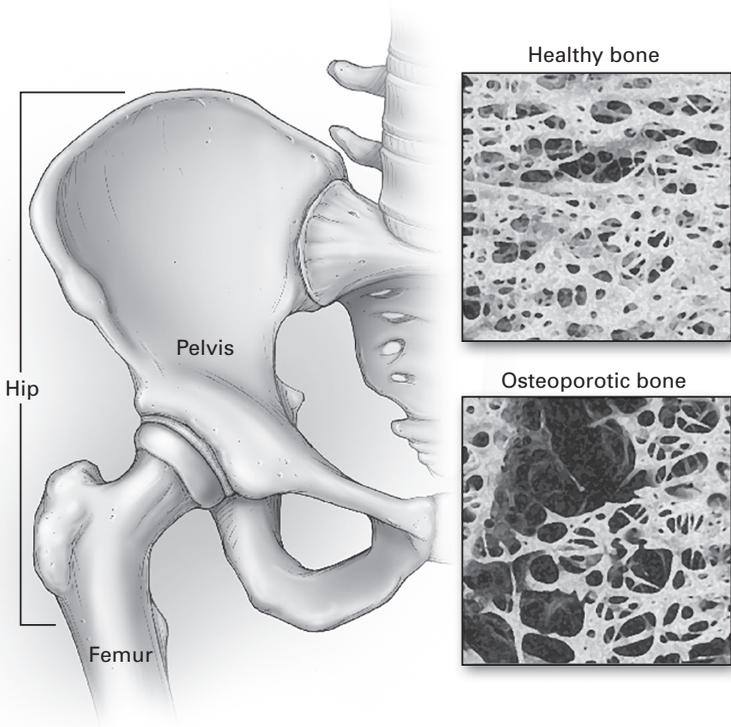
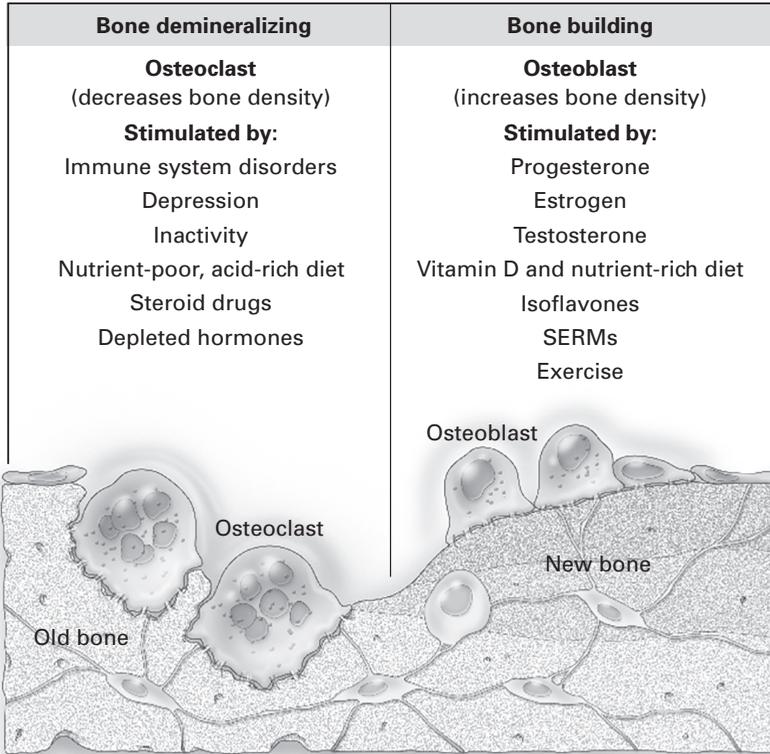


FIGURE 17: BONE REMODELING



BONE DENSITY CLASSIFICATION FOR T-SCORES

| | |
|--------------|----------------|
| NORMAL | -1.0 or above |
| OSTEOPENIA | -1.0 to -2.5 |
| OSTEOPOROSIS | Less than -2.5 |

Source: World Health Organization, Assessment of Fracture Risk and Its Applications to Screening for Postmenopausal Osteoporosis, Technical Report, Series 843 (Geneva: WHO, 1994).

FIGURE 18: THE LYMPH SYSTEM

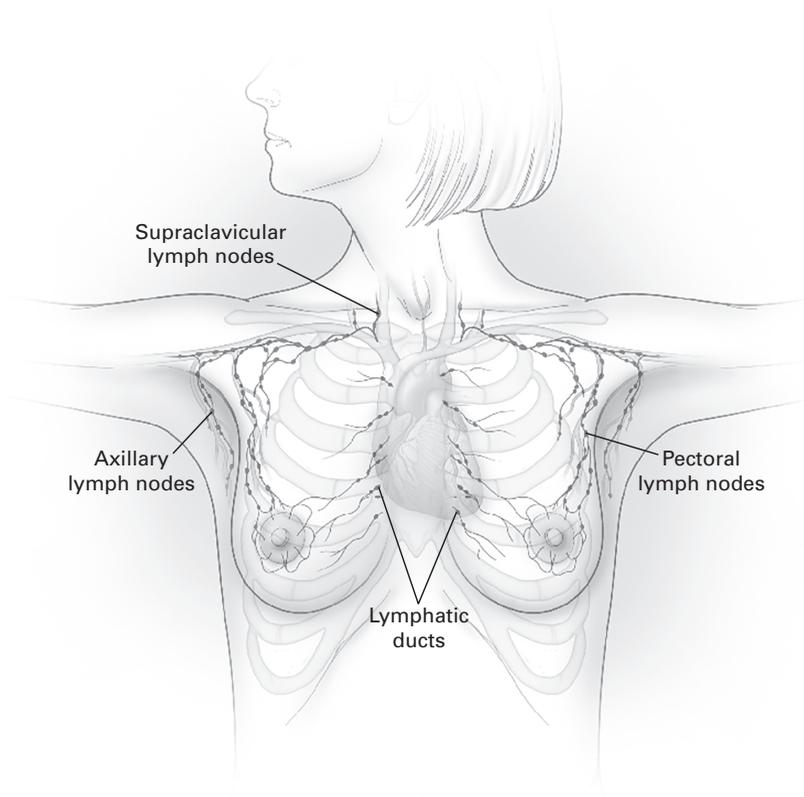
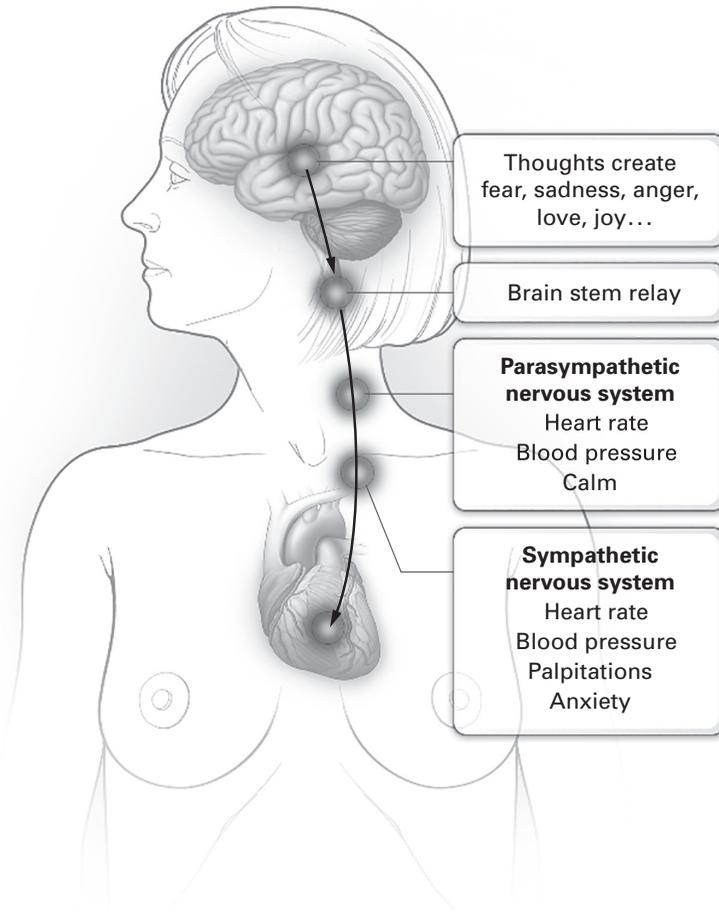


FIGURE 19: THE HEART-EMOTION CONNECTION



Emotions have direct physical effects on the heart and cardiovascular system, via the sympathetic and parasympathetic nervous systems.

FOODS TO IMPROVE YOUR POTASSIUM-SODIUM RATIO

| | |
|----------|--------------------------------------|
| Potatoes | 110:1 (ratio of potassium to sodium) |
| Carrots | 75:1 |
| Apples | 90:1 |
| Bananas | 440:1 |
| Oranges | 260:1 |

Resources

Note: The phone numbers and websites listed in this section were current as of the publication date of the book.

General Resources

Women's Health Resources from Christiane Northrup, M.D.

Christiane Northrup, M.D., F.A.C.O.G., P.O. Box 199, Yarmouth, ME 04096; www.drnorthrup.com.

Dr. Northrup's website (www.drnorthrup.com) is the best place to find regularly updated blogs, articles, videos, podcasts, and other content, as well as information about her lectures and other resources, including her many books, courses, and products. Answers to many of her readers' most frequently asked questions can also be found here.

In addition, Dr. Northrup stays in touch with her large and growing community worldwide through Facebook (@DrChristianeNorthrup), Instagram (@DrChristianeNorthrup), Twitter (@DrChrisNorthrup), and her bi-weekly e-newsletter (to subscribe, sign up at www.drnorthrup.com).

BOOKS

Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing (Bantam, 2020)

When it was first published in 1994, *Women's Bodies, Women's Wisdom* quickly became an international bestseller and has remained the veritable bible of women's health ever since. Now, in this completely revised and updated edition, Dr. Northrup shares the latest developments and advances for maximizing our potential for living well in our bodies today. With more than 2 million copies in print and translated into twenty languages, this groundbreaking book addresses the entire range of women's health concerns and how to transform them. It's been described as contemporary medicine at its best, combining new technologies with natural remedies and the miraculous healing powers within the body, mind, and spirit themselves.

Dodging Energy Vampires: An Empath's Guide to Evading Relationships That Drain You and Restoring Your Health and Power (Hay House, 2018)

In this book, Dr. Northrup explores the phenomenon of energy vampires (also known as personality-disordered individuals) and shows how to spot them, dodge their tactics, and take back your own energy. She draws on the latest research, along with stories from her global community as well as her own life. She delves into the dynamics of vampire-empath relationships to discover how vampires use others' energy to fuel their own dysfunctional lives. Once you recognize the patterns of behavior that mark these relationships, you'll be empowered to identify the vampires in your life, too.

A Daily Dose of Women's Wisdom (Hay House, 2017)

For decades, Dr. Northrup has been helping women navigate their lives with grace and joy. This elegant, compact volume offers her trademark wisdom in a fresh form, filled with pointed reminders “to help you develop a deeper respect for, and connection to, your own body and its exquisite guidance system to create a vibrantly healthy body, mind, and spirit.” Each beautifully designed black-and-white page carries a quote that touches on a topic of deep significance, including heart-listening, epigenetics, and the importance of knowing that your decisions about medical treatment are not irreversible.

Making Life Easy (Hay House, 2016)

In this joyfully encouraging book—as useful for men as it is for women—Dr. Northrup explores the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body “behave.” When you acknowledge the deep connection between your beliefs and your biology and start to tune in to the Divine part of yourself, it's a whole new ballgame—and the first step in truly making your life easy.

Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Well-Being (Hay House, 2015)

Though we talk about wanting to “age gracefully,” the truth is that when it comes to getting older, we're programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, and even the pleasure we take in living life. But as Dr. Northrup shows us in this profoundly empowering book, we have it in us to make growing older an entirely different experience, for both our bodies and our souls.

In chapters that blend personal stories and practical exercises with the latest research on health and aging, Dr. Northrup lays out the principles of

ageless living, including rejecting processed foods, releasing stuck emotions, embracing our sensuality, and connecting deeply with our Divine Source. She brings it all together in a fourteen-day Ageless Goddess Program, offering tools and inspiration for creating a healthful and soulful new way of being at any stage of life.

Beautiful Girl: Celebrating the Wonders of Your Body (Hay House, 2013)

For years, Dr. Northrup has taught women about health, wellness, and the miracle of their bodies. Now, in her first children's book, she presents these ideas to the youngest of girls. *Beautiful Girl* presents this simple but important message: that to be born female is a very special thing and carries with it magical gifts and powers that must be recognized and nurtured. Dr. Northrup believes that helping girls learn at a young age to value the wonder and uniqueness of their bodies can have positive benefits that will last throughout their lives. By reading this lovely book, little girls will learn how their bodies are perfect just the way they are, the importance of treating themselves with gentle care, and how changes are just a part of growing up.

The Secret Pleasures of Menopause (Hay House, 2008)

This book delivers a breakthrough message that will help perimenopausal and menopausal women understand that at menopause, life has just begun. It's the beginning of a very exciting and fulfilling time, full of pleasure beyond your wildest dreams. A key concept outlined in the book is the science of nitric oxide, which has been called the molecule of life force.

The Secret Pleasures of Menopause Playbook (Hay House, 2009)

This companion volume to *The Secret Pleasures of Menopause* serves as a personal guide to the territory of life-giving pleasure and provides useful exercises to help you commit to your own personal pleasure plan.

The Wisdom of Menopause Journal (Hay House, 2007)

This companion book to *The Wisdom of Menopause* helps you focus on the "me" in menopause. Designed to help you both navigate and document this important transitional time, the journal is packed with action-oriented, practical advice for your mind and body.

This journal gives you everything you need to create vibrant health in midlife on all levels—not just in your heart, bones, pelvic organs, breasts, and brain, but also in your sex life, your relationships, and even your beauty regimen! It enables you to record your current health and concerns, as well as the steps you want to take to achieve your goals in each area. You'll also find powerful affirmations, inspiring quotes, and plenty of blank pages for journaling, so you can create a record of your thoughts and feelings during this important time.

Mother-Daughter Wisdom: Understanding the Crucial Link Between Mothers, Daughters, and Health (Bantam, 2005)

Dr. Northrup explains how the mother-daughter relationship sets the stage for our state of health and well-being for our entire lives. Because our mothers are our first and most powerful female role models, our most deeply ingrained beliefs about ourselves as women come from them. And our behavior in relationships—with food, with our children, with our mates, and with ourselves—is a reflection of those beliefs. In this book, Dr. Northrup shows how once we understand our mother-daughter bonds, we can rebuild our own health, whatever our age, and create a lasting positive legacy for the next generation.

ONLINE RESOURCES

The Dr. Christiane Northrup E-Newsletter

Dr. Northrup's free biweekly newsletter is sent directly to subscribers' email addresses. It contains the most updated information on a wide variety of topics guaranteed to enhance your health on all levels. With links to take readers directly to the most up-to-date and relevant content and resources, the e-newsletter is one of the best ways to stay on track with your health. Available at www.drnorthrup.com.

DrNorthrup.com

Dr. Northrup's website houses a wealth of information, designed to both inform and uplift users. With content covering the latest medical research and trends as well as hundreds of archived health-related articles, blog posts, online seminars, inspirational audio downloads, videos, and podcasts, this is the perfect go-to resource for anyone wanting to be healthy in mind, body, and spirit.

AUDIO/VIDEO PROGRAMS

Dr. Northrup's audio and video programs are all available through www.drnorthrup.com.

Women's Bodies, Women's Wisdom, audiobook

The audiobook version of Dr. Northrup's newly updated *Women's Bodies, Women's Wisdom* addresses the entire range of women's health—from first menstrual period through menopause—and includes the latest information on all of the most important health concerns facing women today. Discover new material on why vitamin D is crucial for breast, cardiovascular, and immune system health as well as on preventing cellular inflammation (the root cause of all chronic degenerative diseases)—and so much more.

Women's Bodies, Women's Wisdom, online video

In this companion lecture to the bestselling book *Women's Bodies, Women's Wisdom*, Dr. Northrup approaches some of the most common complaints that keep women from enjoying optimal health and offers cutting-edge, holistic solutions. With her guidance, you'll discover how to access and use the most powerful inner tool you possess for beauty and overall well-being: your innate women's wisdom. This program will forever change your thinking about what is possible for your health—inside and out!

Divine Feminine Meditations, audio download

This set of three guided meditations narrated by Dr. Northrup includes:

Your Body, Your Temple: An ethereal meditation that guides you in cleansing your body temple with light, which will help you remain healthy and vibrant.

Your Breasts Are Divine: A soothing meditation that helps you bring light, love, and health to your breasts and increase your ability to give and receive.

Pelvic Bowl: A unique meditation to put you in touch with the creativity that rests within your pelvic bowl, the center of your creative self.

Dodging Energy Vampires: An Empath's Guide to Evading Relationships That Drain You and Restoring Your Health and Power, audio download

In this program, Dr. Northrup explores the phenomenon of energy vampires and shows how to spot them, dodge their tactics, and take back your own energy. She draws on the latest research, along with stories from her global community as well as her own life. She delves into the dynamics of vampire-empath relationships to discover how vampires use others' energy to fuel their own dysfunctional lives. Once you recognize the patterns of behavior that mark these relationships, you'll be empowered to identify the vampires in your life, too.

Making Life Easy, audio download

In this program, Dr. Northrup explores the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body "behave." When you acknowledge the deep connection between your beliefs and your biology and start to tune in to the Divine part of yourself, it's a whole new ballgame—and the first step in truly making your life easy. Drawing on fields as diverse as epigenetics, past-life regression, and standard Western medicine, Dr. Northrup distills a brilliant career's worth of wisdom into one comprehensive user's guide to a healthy, happy, radiant life.

Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Well-Being, audio download

Though we talk about wanting to “age gracefully,” the truth is that when it comes to getting older, we’re programmed to dread an inevitable decline—in our health, our looks, our sexual relationships, and even the pleasure we take in living life. But as Dr. Northrup shows us in this profoundly empowering audio program, we have it in us to make growing older an entirely different experience, for both our bodies and our souls.

Inside-Out Wellness: The Wisdom of Mind-Body Healing, audio download of a program by Christiane Northrup, M.D., and Dr. Wayne W. Dyer

Dr. Northrup and Dr. Dyer team up for this inspirational and informative program that discusses how to transform the old habits, traditional beliefs, and everyday thoughts that keep you from becoming all that you can be. Topics include how to rewire your thought patterns and let go of your past so you can cultivate pleasure instead of stress, reawaken your passions, follow your bliss, and create the life you want.

Menopause and Beyond, online video and audio download

With cutting-edge medical information and guidance, Dr. Northrup invites midlife women to embrace their inner wisdom and transform the second half of their lives in this program, based on her bestselling book, *The Wisdom of Menopause*. The program focuses on heart health, hormone therapy, diet, and sexuality. Dr. Northrup also presents a five-step program that guarantees weight loss.

The Power of Joy, audio download

Life is meant to be joyous! We are pleasure-seeking creatures by nature. Joy makes you younger, smarter, more intuitive, and healthier, with better hormonal balance and immune-system functioning. Joy even positively affects your metabolism. On this audio program, Dr. Northrup prescribes a ten-step process for overcoming habitual patterns of negative thinking, guilt, and pain in order to evoke the power of joy in your life every day.

The Secret Pleasures of Menopause, audio download

Dr. Northrup believes that it’s about time menopausal women came out of the closet and learned to enjoy the best years of their lives! Even though studies show that menopause does not decrease libido, ease of reaching orgasm, or sexual satisfaction, the majority of menopausal women are not experiencing the pleasure and sexual satisfaction that are their birthright. In this audio program, Dr. Northrup delivers a breakthrough message that will help millions of perimenopausal and menopausal women throughout the world understand that at menopause . . . life has just begun! It is the beginning of a very exciting and fulfilling time, full of pleasure beyond your wildest dreams!

Mother-Daughter Wisdom, audio and online video

In the course of this journey to self-realization, Dr. Northrup covers a rich range of topics that are designed to bring mothers and daughters to greater consciousness, including the five facets of feminine power, how to end the mother-daughter “chain of pain,” the power of forgiveness, and how to deal with a difficult mother or daughter.

The Empowering Women Gift Collection, audio download

This program includes inspiration and knowledge for women of all ages from Dr. Northrup, Louise L. Hay, Caroline Myss, and Susan Jeffers, Ph.D.

Women’s Bodies, Women’s Wisdom, online course

This online course is the distillation of the wisdom Dr. Northrup gained

from forty years on the front lines of women’s health. It is designed to teach women everything that can go right with their bodies and how to make that their daily experience. The course is loaded with practical information, exercises, and insights to help women everywhere trust the wisdom of their bodies and their innate ability to heal.

For ages, women have been shamed and misinformed about their bodies—and this legacy has been handed down to us for millennia. This permeates not only our culture at large but also the entire medical system, where normal functions of the female body have become pathologized and medicalized. We have been alienated from understanding our bodies, and our beliefs about our worthiness have taken a plunge. Dr. Northrup is here to change that and to help you radically transform your health. “I walked a very fine line for many years,” she says about her medical career, before breaking from mainstream medicine to speak the truth about women’s wellness. And in this online course, she pulls no punches. She dives straight into the truth about women’s health and everything you need to know to not only maintain your physical body, but also to flourish throughout your life. In these comprehensive and mesmerizing lessons, Dr. Northrup will discuss everything you ever wanted to know—and absolutely need to learn—about your body.

Dodging Energy Vampires, online course

In six powerful, jam-packed lessons, Dr. Northrup teaches you how to recognize and rid yourself of energy-vampire relationships so that you can quickly separate from people who are using your energy to fuel their dysfunctional lives. Along the way, she interviews top experts from the field of personality disorders and offers simple, clear strategies and healing practices so that you can address the wounds that are keeping you stuck.

Ageless Goddess, online course

Growing older is inevitable, but making the decision to stay fully active and engaged in life is a choice. In this online course, Dr. Northrup incorporates women's health and wellness that expand well beyond emotional, mental, and physical well-being. This innovative course teaches you a new way to view growing older that brings excitement and joy to your life, no matter your chronological age or your current quality of life. When you have the right information and guidance, youthful living can be yours and you can continue to thrive, create, and engage in your life for years to come.

Embodied Wisdom, online course

In this three-part online course, Dr. Northrup will guide you through the seven major energy centers of the body and the processes and organs they govern. And then, in real-life, practical ways, she will show you exactly how to access this vital life force in your day-to-day life to achieve vibrant health in mind, body, and spirit. Once you understand the exquisitely accurate wisdom of your body, the mystery of remaining (or becoming) vibrantly healthy is at your fingertips.

OTHER

Amata Life by Dr. Christiane Northrup

After extensive research and development, Dr. Northrup formulated an array of drug-free products—including a vaginal moisturizer, skin care, and supplements containing the herb *Pueraria mirifica*—all designed to relieve symptoms related to hormonal imbalance, especially around perimenopause and after menopause. *Pueraria mirifica* has been used for more than 700 years by both men and women in Thailand for its benefits. The products are distributed via www.amatalife.com.

Chapter 2: The Brain Catches Fire at Menopause

Toxic Emotions/Forgiveness

SUGGESTED READING

Cohen, D. (2008). *Repetition: Past Lives, Life and Rebirth*. Carlsbad, CA: Hay House, Inc. (Also see Dr. Cohen's website at www.healingrepetition.com.)

Hay, L. L. (1998). *Heal Your Body A–Z: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them*. Carlsbad, CA: Hay House, Inc.

Holden, R. (2009). *Be Happy: Release the Power of Happiness in You*. Carlsbad, CA: Hay House, Inc.

Levine, S. (1989). *Healing into Life and Death*. New York: Doubleday and Co., Inc.

Luskin, F. (2002). *Forgive for Good: A Proven Prescription for Health and Happiness*. San Francisco: HarperSanFrancisco.

Mellin, L. (2010). *Wired for Joy: A Revolutionary Method for Creating Happiness from Within*. Carlsbad, CA: Hay House, Inc.

Northrup, C. (2020; fifth edition). *Women's Bodies, Women's Wisdom*. New York: Bantam Books.

Chapter 3: Coming Home to Yourself

Deliberate Creating

Esther and Jerry Hicks

(830-755-2299; www.abraham-hicks.com)

Esther Hicks and her late husband, Jerry, have published many books and online resources that teach the most basic law of the universe: the Law of Attraction. Their work is profoundly helpful and practical, and I have enjoyed it, learned from it, and recommended it for decades.

Feng Shui

SUGGESTED READING

Collins, T. K. (1996). *The Western Guide to Feng Shui: Creating Balance, Harmony, and Prosperity in Your Environment*. Carlsbad, CA: Hay House.

Collins, T. K. (1999). *The Western Guide to Feng Shui: Room by Room*. Carlsbad, CA: Hay House.

Kingston, K. (1999). *Clear Your Clutter with Feng Shui*. New York: Broadway Books.

Proprioceptive Writing

Proprioceptive Writing Center

(www.pwwriting.org)

Proprioceptive writing (PW) is a practice that uses writing to explore the psyche, using the intellect, intuition, and imagination simultaneously. PW was first developed in the 1970s by Linda Trichter Metcalf, Ph.D., and Tobin Simon, Ph.D., after their decade of teaching writing to college students. Dr. Metcalf discovered a method of writing that uses the intellect, imagination, and intuition simultaneously to tap into one's authentic voice. I personally worked with them privately and in group settings for seven years—and that work gave me the foundation I needed to write my first book, *Women's Bodies, Women's Wisdom*. Drs. Metcalf and Simon are also the authors of *Writing the Mind Alive: The Proprioceptive Method for Finding Your Authentic Voice* (Ballantine, 2002).

Chapter 4: This Can't Be Menopause, Can It?

Holistically Oriented Physicians

Academy of Integrative Health and Medicine

(www.aihm.org)

Founded in 1978 as the American Holistic Medical Association, this organization merged with the American Board of Integrative Holistic Medicine in 2013 to become AIHM. It is an organization of licensed medical doctors (M.D.s), doctors of osteopathic medicine (D.O.s), and medical students studying for those degrees. Physicians from every specialty are represented. AIHM also has a specialty board to certify holistically trained physicians using the same rigorous criteria that other specialties have employed. The AIHM website contains both an online physician referral directory as well as a guide to choosing a holistic practitioner.

Foundation for Alternative and Integrative Medicine

(www.faim.org)

The Foundation for Alternative and Integrative Medicine (FAIM) was founded in 1998 to identify breakthrough complementary and alternative therapies and to research and report on their effectiveness. FAIM's mission also stresses the affordability of treatments, supporting the idea that cost-effective solutions are what's needed to bring health to the greatest number of people. Until 2009, the organization was known as the National Foundation for Alternative Medicine.

American Association of Colleges of Osteopathic Medicine (301-968-4100; www.aacom.org)

American Association of Naturopathic Physicians (202-237-8150; www.naturopathic.org)

American College for Advancement in Medicine (800-532-3688; www.acam.org)

Citizens for Health (www.citizens.org)

Institute for Functional Medicine (253-661-3010; www.functionalmedicine.org/findfmpphysician/index.asp)

Alliance for Pharmacy Compounding (formerly known as the International Academy of Compounding Pharmacists) (281-933-8400; www.a4pc.org)

Planetree (203-732-1365; www.planetree.org)

Women in Balance Institute (503-522-1555; www.womeninbalance.org)

Hormone Testing for Adrenal and Ovarian Function

The DUTCH Test

(www.dutchtest.com)

This is the gold standard for urinary and salivary hormone testing, and it can be done in your own home. The original DUTCH (dried urine test for comprehensive hormones) test measures urinary hormones, including cortisol and sex steroids, over a twenty-four-hour period. The DUTCH Plus test adds a salivary evaluation of how your cortisol levels change throughout the day. The tests are available from Precision Analytical Lab.

My Med Lab

(888-696-3352; www.mymedlab.com)

My Med Lab is a direct-to-consumer lab service that allows you to order any of various medical tests (including salivary hormone testing) without having to see your doctor just to get the test ordered. After you order your test online or over the phone, an in-house physician in your state reviews and approves the order. Then the company uploads a digital lab order to your My Med Lab account and notifies you via email. You log on to your account, print the order, and take it to any of 2,000 patient service centers (the website includes a directory, so you can see which are closest to you). At the service center, you'll have your samples taken—and you don't need a prior appointment. Usually within a day or two, you will receive an email notifying you that your results have been posted to your online My Med Lab account.

The results include a brief explanation and a direct link to the National Library of Medicine for more detailed result information. Schedule an appointment with your doctor to discuss any abnormal findings. (Note: Your test results are kept private and will not show up on your permanent medical record unless you share them with your doctor.) Health insurance usually doesn't cover this service, although prices are extremely reasonable.

Formulary Pharmacies

See Chapter 5 Resources.

DHEA (dehydroepiandrosterone)

Pharmaceutical-grade DHEA is available from formulary pharmacies and many other locations, including Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

I recommend 5 mg DHEA sublingual. Suggested dose: ½ to 1 tablet daily, or as directed.

Migraines/Headaches

Bioidentical progesterone

A few drops of concentrated bioidentical progesterone (6,000 mg progesterone/30 ml propylene glycol) applied to the skin can sometimes halt a migraine. This concentrated preparation can be obtained by prescription from any formulary pharmacy. (See also Chapter 5 Resources.) Two percent progesterone cream is also effective if used daily one to two weeks prior to one's menstrual period.

Feverfew

Tanacetum parthenium works like aspirin to inhibit prostoglandins, preventing the blood vessel spasms that trigger migraines. Mygrafew, manufactured by Nature's Way, contains dried feverfew extract (leaf) 12 mg, delivering 600 mcg parthenolides (standardized to 5 percent parthenolides). Recommended dose is 1 tablet daily. Available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

Chapter 5: Hormone Therapy

See Chapter 4 Resources for information on hormone testing.

Individualized Hormone Therapy

Many physicians and formulary pharmacists work in partnership with their patients to provide individualized hormone-replacement solutions. Ask your physician about this kind of customized care; he or she can call a local formulary pharmacy to consult with a knowledgeable pharmacist. To locate a pharmacy that provides individualized prescriptions, contact:

Alliance for Pharmacy Compounding

(281-933-8400; www.a4pc.org)

The Alliance for Pharmacy Compounding (formerly known as the International Academy of Compounding Pharmacists, or IACP) is a nonprofit organization made up of more than 150,000 patients and compounding practitioners (including physicians, veterinarians, and nurse practitioners) nationwide. The organization's website has a locator feature that can help you find a compounding pharmacy in your area.

BodyLogicMD

(www.bodylogicmd.com)

Body Logic offers a network of physicians who specialize in bioidentical hormones, fitness, and nutrition. These doctors design a personalized program for each patient, including customized compounded bioidentical hormones, other pharmacy-grade supplements, and fitness and nutrition advice. The Body Logic website offers a directory so you can find a Body Logic physician in your area.

Progesterone Cream

Progesterone cream (2 percent strength) is available from a number of different sources. I have personally used the following preparations and find them comparable in quality and effectiveness.

Pro-Gest Cream, by Emerita. This is the first brand I ever used or recommended. Available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

Bioidentical progesterone in capsule, suppository, or transdermal form is available through any formulary pharmacy. It is also available in regular pharmacies under the brand name Prometrium (capsules) or Crinone or Prochieve (vaginal gel).

Chapter 6: Foods and Supplements to Support the Change

Herbs

Pueraria mirifica. The Thai herb *Pueraria mirifica* contains a powerful phytoestrogen known as miroestrol that works very well for many women who prefer a safe and effective alternative to prescription hormones. Dr. Northrup has formulated a range of products (including a vaginal moisturizer, facial creams, and supplements) that contain the highest-quality *Pueraria mirifica* and effectively quell menopausal symptoms and restore moisture and a sense of well-being. They are available through Amata Life (www.amatalife.com).

PhytoEstrin. This all-natural botanical formulation contains phytoestrogens from five different sources. Ingredients include soy isoflavones, black cohosh, vitex (chasteberry), licorice root, and dong quai. Available through USANA (888-950-9595 or 905-264-9863; www.usana.com).

Black cohosh. The rhizome of *Cimicifuga racemosa* has been used by Native Americans for centuries in much the same way as the Chinese have used dong quai. It is used for the treatment of menopausal ailments due to in-

creasing ovarian insufficiency, mild postoperative functional deficits after ovariectomy or hysterectomy, PMS, and adolescent menstrual disorders. Many different preparations are available. I recommend Menopret (formerly known as Klimadynon) and MenoFem, both of which contain a form of black cohosh called BNO 1055 that has been shown to be very effective. I also recommend the black cohosh standardized extract from Nature's Way (40 mg twice a day), available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com). Remifemin is another widely used brand available in many natural food stores and pharmacies, as well as from Emerson Ecologics. Start with 1 tablet (20 mg per tablet) twice per day, or take as directed.

Maca. The herb maca has been used for centuries by many women to help balance hormones. I highly recommend the Mighty Maca and Keto-Green weight-loss products formulated by my colleague Anna Cabeca, D.O. (www.drannacabeca.com).

Chasteberry (also called vitex). There are many different brands of chasteberry or vitex. Femaprin is one, manufactured by Nature's Way from dried chasteberry. Best results are obtained with continuous use. Available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com). This herb is also available in tincture form from many natural food stores.

Women's Phase II (Vitanica) is a combination of dong quai, licorice root, burdock, motherwort, and wild yam. This formula was developed by Tori Hudson, N.D., a naturopathic physician and adjunct clinical professor at Bastyr University of Natural Health Sciences. It has been tested clinically and found to help relieve many common menopausal symptoms. Available from vitanica.com.

NutraMedix Hormonal Balance for Women is a proprietary blend of seven plant extracts, including *Eustephia coccinea*, *Muiria puama*, maca, tribulus, epimedium, *Eurycoma longifolia*, and *Jatropha macrantha*. Recommended dosage is 20 drops twice a day, under the tongue or in 2–4 oz. of water. Available at www.nutramedix.com.

SUPPLIERS

Avena Botanicals

(866-282-8362 or 207-594-0694; www.avenabotanicals.com)

For a variety of herbal products, including dried organic herbs, liquid extracts, oils, creams, and teas. These products are all wildcrafted and of the highest quality.

DHA/Raw Chia Seed

See Chapter 7 Resources.

Flax

The Flax Council of Canada (204-982-2115; www.flaxcouncil.ca) endeavors to provide general flax facts of interest to consumers, as well as more specialized information for nutritionists, dietitians, food producers, manufacturers, and flax growers.

Dakota Flax Gold. This is an organic flaxseed grown at Heintzman Farms (800-333-5813; www.heintzmanfarms.com) in South Dakota. A “starter kit” is available that consists of three 1-pound bags of flaxseed and an electric grinder.

Traditional Chinese Medicine

Acupuncture, used alone or in conjunction with herbs, is very effective for relieving hot flashes, insomnia, night sweats, anxiety, restlessness, emotional instability, moodiness, menstrual cramps, and excessive bleeding. It’s ideal to get a referral for an acupuncturist from your healthcare practitioner, but if you can’t find one this way, contact the American Association of Acupuncture and Oriental Medicine (www.aaaonline.org).

Chapter 7: The Menopause Food Plan

Dietary Supplements

COENZYME Q₁₀

Recommended dose: 10–300 mg/day. USANA’s **CoQuinone 30** contains 30 mg coenzyme Q₁₀ and 12.5 mg alpha-lipoic acid per capsule. The company also offers CoQ₁₀ in 100 mg capsules, available only through a customized HealthPak. Note that USANA’s CoQuinone is about three times the strength of other brands’ CoQ₁₀, so you don’t need as much. Available through USANA (888-950-9595 or 905-264-9863; www.usana.com). I also recommend Carotec’s **CocoQ10**, which comes in 200 mg capsules (carotec.com).

OMEGA-3 FATS

Recommended dose: There is a wide individual dosage range, so start with 400 mg per day of DHA and EPA combined and work up to as high as 5,000 mg per day if needed. Made from algae, Neuromins is my first choice for taking this oil in supplement form (see below).

Neuromins, manufactured by Nature's Way, is available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

life'sDHA (www.lifesdha.com) makes all-vegetarian DHA capsules that come in both 100 mg and 200 mg strengths. They are available on Amazon and other online sources.

BiOmega contains both DHA and EPA derived from cold-water fish. Available through USANA (888-950-9595 or 905-264-9863; www.usana.com).

Vital Choice Alaskan Sockeye Salmon Oil (800-608-4825; www.vitalchoice.com). Wild salmon is preferable to farmed fish because it's much healthier and safer. Vital Choice is a particularly good source of wild salmon and wild salmon oil (in 1,000 mg softgels that provide 600 mg of total omega-3 fatty acids, including 240 mg of EPA and 220 mg of DHA in a three-capsule serving).

Raw Chia Seed

Chia (*Salvia hispanica L.*) has a higher concentration of omega-3 fats (in the healthiest ratio to omega-6 fats, 3:1) than any other botanical source. It's also high in fiber, antioxidants, and phytonutrients. The omega-3 fats it contains are alpha-linolenic acid (ALA), which the body converts to DHA and EPA. One of the advantages of chia over flaxseed is that it doesn't have to be ground, and the antioxidants in it prevent it from going rancid. I recommend Mila brand, a proprietary blend of chia, from Lifemax (which is available from numerous distributors you can find on the internet). For additional information about chia from University of Arizona researcher and chia expert Wayne Coates, Ph.D., visit waynecoates.com/AZchiaInfo/chia-seed-information-azchia.

MULTIVITAMINS/MINERALS

My top pick in multivitamins is the **USANA HealthPak** or **USANA CellSentials**, manufactured by USANA Health Sciences, Inc. (888-950-9595 or 905-264-9863; www.usana.com). There are many, many other good brands available as well.

PROANTHOCYANIDINS

These powerful antioxidants are found in grape seeds and pine bark. Recommendations: start with 1 mg per pound of body weight per day, divided into three doses. After two weeks, cut back to 40–80 mg per day. I recommend Proflavanol C100, available from USANA (888-950-9595 or 905-264-9863; www.usana.com).

Many other excellent brands of OPCs are also available at pharmacies and natural food stores.

PROBIOTICS

Probiotic supplements provide gastrointestinal nutritional support by augmenting naturally occurring intestinal bacteria. The intestinal microecosystem typically carries up to 400 strains of bacteria. From the point of view of intestinal health, a product that provides bacteria for multiple probiotic “niches” makes sense. These flora may become depleted in a number of ways, including antibiotic therapy, poor diet, and disease. Probiotics are useful for individuals bothered by intestinal gas and bloating, and may also be used when taking an antibiotic to prevent yeast infection. Be sure to take a probiotic whenever you’re on antibiotics, but take them at different times of the day, so the antibiotic won’t kill off the new friendly bacteria. Continue to take the probiotic for a week or so after you’ve finished your course of antibiotics. That way you’ll be much less likely to get a yeast infection or GI upset from the antibiotic.

I recommend the following:

PB 8 Probiotic. Manufactured by Nutrition Now, PB 8 does not contain sugar or fructooligosaccharides (FOS). It also does not require refrigeration to maintain its potency, as most probiotics do. Take as directed on the bottle. PB 8 is available at health food stores.

Flora ReVive. These probiotic capsules contain *Saccharomyces boulardi*, a type of yeast that keeps *Candida albicans* and gut bacteria in balance. It also contains humic-fulvic acid, which is derived from high-carbon humus found in ancient compacted plant material that is broken down by soil bacteria. Inulin, a prebiotic that stimulates the growth of beneficial bacteria, is also included. Available from www.rnareset.com.

VITAMIN C

Vitamin C is vital to many body systems and processes, especially immune health, skin health, and cardiovascular function. It is not produced in the body and must be supplemented. It is a master antioxidant that kills bacteria and viruses. Most people do best with 1,000–5,000 mg per day. Increase the dosage if you feel a cold coming on or if you have any infection.

Many different types of vitamin C are available, including plain ascorbic acid, liposomal vitamin C (which is fat soluble and well absorbed), and Ester-C (which is buffered). There is a wide variability in an individual’s tolerance to vitamin C doses. Tissue saturation is reached when stools become loose, so start slowly and work up. I recommend the following:

Dr. Mercola Liposomal Vitamin C. Available from www.mercola.com.

Whole C ReSet. This product contains the entire vitamin C complex and is easy on the digestive system. Available from www.rnareset.com.

Pure ascorbic acid. This product by Pure Encapsulations comes in 1,000 mg capsules and is widely available online.

Digestive Aids

ENTERIC-COATED PEPPERMINT OIL

Most of the studies performed have utilized enteric-coated peppermint oil at a dosage of 0.2 ml twice daily between meals.

Pepogest, manufactured by Nature's Way, is available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

Peppermint Soothe, manufactured by Nature's Way, was formerly sold as Peppermint Plus by Enzymatic Therapy (which was acquired by Nature's Way). Available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com), as well as at many health food stores and online.

DEGLYCYRRHIZINATED LICORICE (*Glycyrrhiza glabra*) (DGL)

Please note that the cortisol-like activity of this herb may cause a problem in people prone to hypertension. If you are taking licorice root, your blood pressure should be monitored to ensure that it stays stable.

Gaia Herbs Licorice Root Alcohol-Free (also called **Licorice Root Glycerite**) is a tincture available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com). **Wise Woman Herbals Licorice Solid Extract** is also available from Emerson Ecologics. Recommended dose for the solid extract is ¼ to ½ teaspoon, two to three times a day.

Licorice root capsules are manufactured by Nature's Way to provide 450 mg deglycyrrhizinated licorice with a guaranteed natural potency of not more than 6.5 percent glycyrrhizin. Recommended dose is one to two capsules three times daily with water at mealtimes. Available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

ADDITIONAL DIGESTIVE SUPPORT

Seacure. Manufactured by Proper Nutrition, SeaCure is a concentrated fish protein that is gaining increasing recognition for its nutritional benefits in a wide range of disease conditions. Recommended for all digestive dysfunctions, e.g., Crohn's disease, irritable bowel syndrome, and ulcerative colitis. Also helpful after chemotherapy for nutritional support and immune system support. It is certified to be free of mercury and other heavy metals. Recommended dose is 3 capsules in the morning and 3 capsules in the afternoon. Available through Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

Swedish Bitters. This tonic, which is excellent for stomach upset, is widely available in health food stores in liquid or capsule form. Swedish Bitters Elixir by Gaia Herbs is available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

Digestive enzyme. This product from USANA (888-950-9595 or 905-264-9863; www.usana.com) encourages more complete digestion and absorption of nutrients. This particular formulation also contains spirulina, a nutrient-rich blue-green algae that supports the body's natural detoxification processes.

JOINT SUPPORT

Procosa. This product from USANA (888-950-9595 or 905-264-9863; www.usana.com) contains a higher amount of glucosamine HCl as well as curcumin, a compound that comes from turmeric (a natural form of COX-2 inhibitor)—a combination not found in any other joint health products.

Chapter 8: Creating Pelvic Health and Power

See Chapter 5 Resources for information on progesterone.

Pelvic Pain

(www.pelvicpainrelief.com)

Women's pelvic health physical therapist Isa Herrera has dedicated her life to helping women recover from pelvic and sexual pain—and also avoid it in the first place. She offers books, seminars, and online training aimed at educating women about the health of their pelvic floor and sexual organs.

Fibroids

EDUCATIONAL RESOURCES

Fibroid Network

(www.fibroid.network)

The mission of the United Kingdom–based Fibroid Network is to promote education, information, support services, and research on fibroids. They maintain an international database of current research on fibroids and recommended doctors, hospitals, and natural health practitioners providing treatment for fibroids.

Fibroid Treatment Collective

(866-479-1523; www.fibroids.com)

A medical group of fibroid experts dedicated to curing fibroids with minimally invasive therapy, the Fibroid Treatment Collective in Los Angeles performed the very first uterine fibroid embolization in the United States. The organization’s website has a wealth of information about fibroids and their treatment.

Cleveland Clinic’s Center for Menstrual Disorders, Fibroids, and Hysteroscopic Services

(800-223-2273, ext. 46601, or 216-444-6601; <http://my.clevelandclinic.org/departments/obgyn-womens-health/depts/menstrual-disorders>)

This arm of the famed Cleveland Clinic was designed to give women minimally invasive options to treat menstrual aberrations and alternatives to hysterectomy. The center also gives patients access to groundbreaking clinical trials, clinical research opportunities, and education programs.

Johns Hopkins Fibroid Center

(443-997-0400; www.hopkinsmedicine.org/gynecology_obstetrics/specialty_areas/gynecological_services/treatments_services/fibroid_treatment.html)

This fibroid treatment center specializes in state-of-the-art therapies and the rapid application of new research (such as magnetic resonance imaging and guided high-intensity ultrasound), with an emphasis on minimally invasive techniques.

Center for Fibroid Biology and Therapy at Duke University Medical Center

(919-634-6654; www.dukehealth.org/treatments/obstetrics-and-gynecology/fibroids)

Duke’s cutting-edge fibroid center explores all nonsurgical and medical treatment options. Treatments offered include minimally invasive surgical options, drug therapies, and noninvasive MRI-guided focused ultrasound treatment.

Menstrual Pain

Bupleurum (Xiao Yao Wan, also known as Hsiao Yao Wan). Xiao Yao Wan Plus is a Chinese nutritional supplement that helps women with PMS, menstrual cramps, and perimenopausal symptoms. It is widely available, but it's always best to consult with a trained practitioner of Traditional Chinese Medicine.

Menastil. Menastil's active ingredient is calendula oil. The U.S. Food and Drug Administration and the Homeopathic Pharmacopoeia U.S. recognize this pure grade of calendula oil for the temporary relief of menstrual pain, as a nonprescription, over-the-counter, topically applied homeopathic product. Available from Claire Ellen Products (508-366-6411; www.bestpainrelief.com).

CASTOR OIL PACKS

A castor oil pack consists of castor oil and wool flannel. Directions: Saturate a piece of flannel with castor oil and apply directly to area to be treated. On the side opposite the skin, lay a sheet of plastic, then apply a hot-water bottle. Use for thirty to sixty minutes five times weekly, or as directed by a practitioner. Area can be wiped clean with a dilute solution of warm water and baking soda.

Cold-pressed castor oil and wool flannel, as well as **disposable castor oil packs**, by Baar Products, are available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

Heavy Bleeding/Iron Deficiency

Iron drops. Manufactured by Evolving Nutrition, La Santé Iron Drops is a nonconstipating, impressively bioavailable form of iron. Recommended dose: 1 ml daily with meals. Available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

Yunnan Bai Yao. This herbal combination is superb for stopping bleeding without causing clotting or disrupting circulation. Available wherever Chinese herbs are sold.

See Chapter 5 Resources for information on formulary pharmacies.

Prepare for Surgery

Note: Avoid taking vitamin E for two weeks preoperatively and one week postoperatively. It may enhance bleeding.

Successful Surgery. Guided-imagery audio program by Belleruth Naparstek. Available from Health Journeys (800-800-8661 or 216-675-0496; www.healthjourneys.com).

The MP3s developed by Belleruth were designed to help the listener imagine a successful surgery experience, surrounded by protection and support, with the body cooperating fully by slowing down blood flow and speeding up its mending capacity. One recording has affirmations, while the other has continuous music to be taken into the operating room (the same music that underscores the imagery). Belleruth's work on imagery has been studied successfully at the Cleveland Clinic, Kaiser Permanente, and University of California at Davis Medical Center.

Prepare for Surgery, Heal Faster. Book and MP3 recording by Peggy Huddleston (800-726-4173 or 781-864-2668; www.healfaster.com). I found Peggy Huddleston's book very beneficial in my own recovery from surgery. Her work has helped thousands of others as well.

Urological Problems

Estriol vaginal cream is available by prescription from any formulary pharmacy that carries bioidentical hormones. If your doctor isn't familiar with one of these, have her or him call a formulary pharmacy where the pharmacists specialize in individualized hormone replacement. Usual strength is 0.5 mg/g.

Probiotics. To treat recurrent vaginal yeast infections, I recommend Jarrow Formulas' **Fem-Dophilus** (see www.jarrow.com) and **RepHresh Pro-B** (see www.rephresh.com), which contain the two probiotic strains (*Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14—formerly known as *Lactobacillus fermentum* RC-14) shown in numerous studies to be helpful in both preventing and treating bacterial vaginosis and also yeast infections. (See Chapter 7 Resources for more information.)

URINARY INCONTINENCE

The book *The Bathroom Key: Put an End to Incontinence* (Demos Health, 2012) by physical therapist Kathryn Kassai and Kim Perelli contains a wide range of practical and effective approaches to treating incontinence.

Biomechanics expert Katy Bowman (www.nutritiousmovement.com) also has a wide range of resources that can help incontinence and a variety of other issues.

PELVIC FLOOR REHAB AND TRAINING

Perifit. Perifit (www.perifit.co) is a unique type of Kegel exerciser that comes with an app for your smartphone. It allows you to strengthen your pelvic muscles and track your progress the same as using a Fitbit.

Yoni egg practice. Crystal yoni egg practice is an ancient technique for vaginal and sexual fitness. I highly recommend the work of Kim Anami (www.kimanami.com) on this practice. Two good sources for yoni eggs to use in your practice are **Keggel** (<https://keggel.org>) and **Jade Eggs Global** (<http://jadeeggsglobal.com>).

Chapter 9: Sex and Menopause

See Chapter 4 Resources for information on hormone testing laboratories.

The School of Womanly Arts Global Online Community

(www.mamagenas.com)

Regena Thomashauer (a.k.a. Mama Gena) is an expert at teaching women how to deliberately cultivate pleasure as a pathway toward health and fulfillment. I highly recommend her books (*Mama Gena's School of Womanly Arts* [Simon & Schuster, 2002], *Mama Gena's Owner's and Operator's Guide to Men* [Simon & Schuster, 2003], and *Pussy: A Reclamation* [Hay House, 2016]) as well as her website (www.mamagenas.com) and her online workshops.

Chapter 10: Nurturing Your Brain

See Chapter 3 Resources for information on feng shui and Chapter 6 Resources for information on herbs.

Insomnia

To help eliminate electrical pollution (or electropollution), a major cause of insomnia, keep your cellphone turned off as much as possible, and before you go to bed, unplug TVs and other electrical appliances—even lamps! There is an increasing amount of information now available about this. I suggest you read *The Earth Prescription: Discover the Healing Power of Nature with Grounding Practices for Every Season* (Reveal Press, 2020) by Laura Koniver, M.D., as well as *Earthing: The Most Important Health Discovery Ever!* by Clinton Ober, Stephen T. Sinatra, M.D., and Martin Zucker (Basic Health Publications, 2010). And *The Non-Tinfoil Guide to EMFs: How to Fix Our Stupid Use of Technology* (N&G Media, 2019) by Nicolas Pineault.

Melatonin regulates sleep/wake cycles, and supplements can help the body adjust to different time zones. It also helps with the function of the pineal gland. Usual dosage: 0.5–3 mg. Melatonin is available from many online sources.

Valerian (*Valeriana officinalis*) root is available in tinctures, liquids, and capsules. Recommended dosage is 150–300 mg (standardized to 0.8 percent valerenic acid) at bedtime. I recommend the valerian products made by Avena Botanicals (www.avenabotanicals.com).

Passionflower (*Passiflora incarnata*) has a calming influence that makes it helpful for both insomnia and anxiety. I recommend the passionflower products made by Avena Botanicals (www.avenabotanicals.com).

Amantilla and Babuna are natural medicines that originate from the valerian plant (*Valeriana officinalis*) and the flower of the manzanilla plant (*Matricaria recutita*, commonly known as chamomile), respectively. Both are available as tinctures made by NutriMedix, which is available through Natural Healthy Concepts (www.nhc.com).

Pueraria mirifica has helped many women who report sleep improvement when they start this herb. Available through Amata Life (www.amatalife.com).

Seasonal Affective Disorder/Light Therapy

Women with SAD are often helped by light therapy. Full-spectrum lighting can also help PMS, perimenopausal symptoms, and ovulatory and other menstrual cycle disturbances. It can also increase serotonin levels.

Sunshine Sciences

(800-468-1104 or 303-834-9161; www.sunshinesciences.com)

Sunshine Sciences manufactures high-quality full-spectrum lighting in the form of energy-saving compact fluorescent lights, fluorescent tubes, and UL-approved light boxes for SAD (seasonal affective disorder). The company's Indoor Sunshine lights are made with the highest-quality blend of rare-earth phosphors to produce light with the beneficial red, orange, yellow, green, blue, and violet wavelengths and balanced amounts of the essential ultraviolet A and B wavelengths. The result is a true white light like natural sunshine. Preliminary studies show that Indoor Sunshine lights boost immune system function and vitamin D. Full-spectrum light is also known to raise serotonin levels.

Supplements for Brain Support

5-HTP is a precursor to serotonin, a neurohormone needed for melatonin production, appetite regulation, and mood regulation. 5-HTP is a natural product extracted from the seeds of *Griffonia simplicifolia*, unlike tryptophan supplements, which are produced synthetically or through bacterial fermentation. Recommended dose is 100–200 mg three times per day. Nature's Way enteric-coated 5-HTP is available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com). 5-HTP is also available from Solgar (877-765-4274 or 201-944-2311; www.solgar.com).

DHA (docosahexaenoic acid). See Chapter 7 Resources for more information.

Ginkgo biloba is widely used to enhance memory and concentration, as well as to treat peripheral artery narrowing. I recommend **Ginkgo-PS** from USANA (888-950-9595 or 905-264-9863; www.usana.com) and **Nature's Way Ginkgold**, available through natural food stores or Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com). Recommended dosage is 40 mg three times per day.

St. John's wort (0.3 percent hypericin). More than twenty double-blind clinical studies have shown that St. John's wort is as effective as standard antidepressants at relieving symptoms of depression, but is much better tolerated and has fewer side effects. The herb's active ingredients are hypericin and hyperforin, which increase levels of brain neurotransmitters that maintain normal mood and emotional stability. **Hi Potency St. John's Wort** by Verified Quality is standardized to 0.3 percent hypericin and 3 percent hyperforin. Available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com), and in health food stores. Take 300 mg three times per day, or as directed.

Inositol. Many studies indicate a therapeutic dose of 12 g per day. It's best to take it with food. I recommend **inositol powder** manufactured by Verified Quality, a mildly sweet substance that dissolves instantly in water. Available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

Pregnenolone is a precursor to DHEA and also to progesterone. Recommended starting dose is 10–50 mg per day, but it has been safely used in doses as high as 100–200 mg per day. Start low and gradually increase if needed. Douglas Laboratories' pregnenolone (sublingual 25 mg tablets) is available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

Proanthocyanidins. See Chapter 7 Resources for more information.

SAM-e (S-adenosyl-L-methionine) is indicated for mood and emotional well-being, as well as joint health, mobility, and comfort. It also boosts antioxidant activity and supports immune function. The best dose for most people and conditions is 800–1,600 mg per day. Proper dosage is essential for optimal results. SAM-e by Nutricology is available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com). Also widely available at natural food stores and in pharmacies.

Mercury-Free Fish Oil Supplements

BiOmega contains both DHA and EPA derived from cold-water fish. Available through USANA (888-950-9595 or 905-264-9863; www.usana.com).

Coromega Omega-3 Squeeze fish oil (877-275-3725; www.coromega.com) is available in flavored single-serving squeeze packs that even children will love.

Vital Choice Alaskan Sockeye Salmon Oil (800-608-4825; www.vitalchoice.com). Wild salmon is preferable to farmed fish because it's much healthier and safer. Vital Choice is a particularly good source of wild salmon and wild salmon oil (in 1,000 mg softgels that provide 600 mg of total omega-3 fatty acids, including 460 mg of EPA and DHA in a three-capsule serving).

Chapter 11: From Rosebud to Rose Hip

Internal Hair and Skin Care

Good skin starts within. So be sure you're on a good multivitamin at the very least. There are many on the market. I recommend the **USANA HealthPak** or **USANA CellSentials** (www.usana.com). Another excellent supplement is the herb *Pueraria mirifica*, which halts the loss of collagen and has a lovely effect when applied to the skin; available from Amata Life (www.amatalife.com).

Surgery

See Chapter 8 Resources for information on preparing for surgery.

Chapter 12: Standing Tall for Life

Urine Bone Density Testing

Bone Resorption Assessment from Genova Diagnostics (800-522-4762 or 828-253-0621; www.gdx.net) determines the rate at which you are excreting bone breakdown products and, hence, losing bone (available with a doctor's prescription).

Osteomark is marketed directly to doctors and is available through their offices.

Supplements for Bone Health

CALCIUM/MAGNESIUM SUPPLEMENTS

The best magnesium and calcium supplements on the market have been formulated by Carolyn Dean, M.D., N.D. (www.rnareset.com). She makes

both ReMag and ReMyte, which are used together, and she also offers a very effective magnesium lotion that is quickly absorbed into the skin.

HERBAL INFUSIONS

Avena Botanicals

(866-282-8362 or 207-594-0694; www.avenabotanicals.com)

For a variety of herbal products, including dried organic herbs, liquid extracts, oils, creams, and teas.

VITAMIN D WITH VITAMIN K₂

Vitamin D supplementation, along with taking enough vitamin K₂, is crucial for those who spend little time outdoors, those with darker skin, and those who live in northern latitudes.

Vitamin D from USANA (888-950-9595 or 905-264-9863; www.usana.com) contains 2,000 IU of vitamin D₃ per tablet, as well as 30 mg of vitamin K₂, which is also good for bone health. Another good option is vitamin D₃ in Omega-3 Therapy + Vitamin D₃ softgels from Vital Choice (800-608-4825; www.vitalchoice.com), which contain 2,000 IU of vitamin D per softgel. Quality vitamin K₂ is available from Mercola (www.mercola.com).

Cod liver oil contains vitamins A and D, EPA (eicosapentaenoic acid), and DHA (docosahexaenoic acid). Its cardiovascular benefits include lowering blood pressure, decreasing triglycerides, and reducing angina.

Genestra Cod Liver Oil DHA/EPA Forte softgels provide 720 IU vitamin A, 500 IU vitamin D, 102 mg EPA, and 126 mg DHA per gelcap. Order on Amazon through iServe, Genestra's recommended distributor.

My Med Lab (for checking levels of vitamin D). See Chapter 4 Resources.

ADDITIONAL MUSCULOSKELETAL SUPPORT

Procosa. This product from USANA (888-950-9595 or 905-264-9863; www.usana.com) contains 1,500 mg glucosamine HCl and 260 mg curcumin (turmeric extract) per tablet, as well as vitamin C, magnesium, manganese, and potassium. Usual dose: 3 tablets daily, preferably with food.

OsteoKing is a 100 percent natural formula derived from Traditional Chinese Medicine that is designed to optimize bone health. It comes in liquid form and includes a combination of six herbs. Available from Yunnan Crystal Natural Pharmaceutical Co. (www.osteoking.com).

Proanthocyanidins. See Chapter 7 Resources for more information.

Strength Training

Strong Women series

Strong Women is a series of books and programs by Miriam Nelson, Ph.D. (www.strongwomen.com).

Katy Bowman's Nutritious Movement

(www.nutritiousmovement.com)

The work of Katy Bowman is unparalleled when it comes to lifelong fitness. I recommend her book *Dynamic Aging: Simple Exercises for Whole-Body Mobility* (Propriometrics Press, 2017). She helps women engage balance and muscular patterns that have lain dormant for years. Katy also has a podcast and good social media content.

Pilates

Pilates has been, hands down, the most effective exercise program I have ever done. I credit Pilates with the mobility, strength, and flexibility that I enjoy daily. I have done two Pilates sessions per week for twenty-plus years. There is nothing that compares to the authentic method developed by Joe Pilates. My teacher is Hope Matthews (www.thecenterforimh.com), who has also incorporated a unique system for working with the emotions and the fascia. For more information on finding a certified instructor or a training program in your area, or on obtaining Pilates method materials, visit the Pilates website at www.pilates-studio.com.

Esther Gokhale's Primal Posture

(www.thegokhalemethod.com)

Esther Gokhale has studied cultures from all over the world and found that those who don't have "modern" lifestyles do not have back pain or the other ailments that are so common to our industrialized societies. Her work on posture improvement is life changing and very often completely eliminates back pain. Her book *8 Steps to a Pain-Free Back* (Pendo Press, 2008), co-authored with Susan Adams, is very helpful. Those trained in her system work all over the world.

Chapter 13: Creating Breast Health

See Chapter 8 Resources for more information on where to obtain supplies for castor oil packs.

Mammograms Versus Thermograms

Mammogram Scam: A Breast Exposé

This award-winning documentary is a very well-researched and accurate assessment of thermography versus mammography as a breast screening modality. All women should have access to this information. Among the doctors and other experts interviewed are Joseph Mercola, D.O.; the late Ben Johnson, M.D., D.O., N.M.D.; David Marquis, D.O.; Veronique Desaulniers, D.C.; Carolyn Dean, M.D., N.D.; Julie Taguchi, M.D.; Judith Steinberg Dean, M.D.; Duncan Turner, M.D.; Christine Horner, M.D.; Philip Getson, D.O.; G. Edward Griffin; Jonathan Emord, Esq.; and Gaea Powell. You can view the hour-long film for free on YouTube at <https://youtu.be/NKl-PXnZIFo>.

Breast Cancer Information and Treatment

Voell, J., and Chatfield, C. (2005). *The Cancer Report: The Latest Research (How Thousands Are Achieving Permanent Recoveries)*. Naples, FL: Change Your World Press.

Information on breast cancer—including a holistic approach—has skyrocketed since the last edition of this book. Simply search online.

Cancer Treatment Centers of America

(855-993-4029; www.cancercenter.com)

Cancer Treatment Centers of America (CTCA) is a national network of hospitals that offers advanced cancer patients a comprehensive, fully integrative approach to their disease that combines conventional clinical treatments and technologies with scientifically supported complementary therapies. CTCA facilities are located in Chicago, Philadelphia, Tulsa, Phoenix, and Atlanta, and they serve patients from all over the United States. Each patient is assigned a core “empowerment team” that includes a medical oncologist, a naturopathic oncology provider, a registered dietitian, a nurse care manager, and a clinic nurse (among others) who work together to provide coordinated care throughout a patient’s treatment. CTCA’s goal is to present patients with clear and thorough information about their condition to empower them to make educated decisions about their care and treatment, leading to improved results and a greater quality of life.

Sanoviv Medical Institute

(800-726-6848; www.sanoviv.com)

Sanoviv is a fully accredited hospital and health center in Rosarita, Mexico (on the Baja California peninsula). This facility offers a beautiful setting with pure water, all organic food, a spa, and world-class functional

medicine doctors. I have been to Sanoviv a number of times for their health assessment and detox programs. I highly recommend this place for anyone who wants to improve her health or be treated for a disease such as cancer, heart disease, or other conditions.

Lymphedema

National Lymphedema Network

(800-541-3259; www.lymphnet.org)

An internationally recognized, nonprofit information and networking organization to help those with lymphedema, either primary (the kind one is born with) or secondary (the kind one gets after an operation or injury, notably mastectomy and lymph node dissection). They provide referrals and educational courses for healthcare professionals and patients, publish a very helpful quarterly newsletter, host a biennial national conference on lymphedema, and maintain an extensive computer database.

Supplements for Breast Health

Coenzyme Q₁₀. See Chapter 7 Resources for more information.

Flaxseed/chia seed. See Chapter 6 Resources for more information.

Chapter 14: Living with Heart, Passion, and Joy

SUGGESTED READING

Buckberg, G. D. (2018). *Solving the Mysteries of Heart Disease: Life-Saving Answers Ignored by the Medical Establishment*. Los Angeles: Health House Press.

Menolascino, M. (2019). *Heart Solution for Women: A Proven Program to Prevent and Reverse Heart Disease*. New York: HarperOne.

Depression

See Chapter 10 Resources for more information.

Forgiveness

See Chapter 2 Resources for more information.

Supplements for Heart Health

Many of the sources for dietary supplements recommended for heart health are detailed in Chapter 7 Resources.

Cod liver oil. See Chapter 12 Resources for more information.

Vitamin D. See Chapter 12 Resources for more information.

Vitamin K₂. See chapter 12 Resources for more information.

Magnesium. See Chapter 12 Resources for more information on calcium/magnesium supplements.

Hawthorn (*Crataegus oxyacantha*). Widely available in health food stores as berries for tea infusions. Also available in pill form. If you prefer to take this in pill form, look for a standardized extract, a product that contains 10 percent proanthocyanidins or 1.8 percent vitexin-4"-rhamnoside. Take 100–250 mg three times per day. **HeartCare**, manufactured by Nature's Way, is available from Emerson Ecologics (800-654-4432 or 603-656-9778; www.emersonecologics.com).

Proanthocyanidins. See Chapter 7 Resources for more information.

Vitamin C. See Chapter 7 Resources for more information.