

## *Menopause A Natural And Spiritual Journey*

**Menopause is a natural and inevitable time in a woman's life that has the capacity to bring chaos to our physical, mental and spiritual condition. Walking victoriously through menopause is possible. As you journey through the pages of this unique book, you will soon discover that a season of perfecting and an abundant life is waiting for you. Don't walk alone. Discover the grace and peace through Pausing With God. Like many women, Fincher had to make her own way through this important transition. In this book she shares her own experiences and her understanding of the patterns of psychological and spiritual change during menopause. The practical guidance she offers for women to create their own rituals of transformation will help bring readers a deepened sense of identity and empowerment.**

**Why has the time of menopause become a battle against nature? Nature will always win! So wouldn't it be nice to simply work with nature to understand the process and enjoy a new and insightful cycle in our lives? Our moonpause may bring its issues and problems, but it also brings the stunning potential for a new and better version of ourselves. It can be a**

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time of great progress spiritually as we move towards our Wise Woman or Spiritual Grandmother years. In *Natural Spiritual Menopause and Beyond*, author Colette Brown is open and vulnerable about her time of change. She not only will have you nodding along at her symptoms but will have you laughing along with her as she fights to keep sane as each wave of heat, mood swing, or new chin hair knocks her over. She explains how to use a simple plan of questions, meditations, and mantras to stand back up and move forward with determination and chutzpah! Colette moves through her menopause in a way that helps her evolve spiritually. She advocates for natural menopause but realizes that this isn't possible for everyone. Her book offers a technique to explore and develop coping strategies for menopause and beyond. Colette also tells of her personal choices after menopause up to her sixtieth birthday. She firmly believes that her method of working with, rather than against, menopause has led to the happy life she now lives. Colette is a retired pharmacist, clairvoyant, and author who lives in contentment with her loving husband Jim and her two dogs in Scotland. Praise for the 1st edition Dr Julie-Anne Sykley This book is a unique and beautiful GIFT! Simple yet effective, emotional yet practical, deep yet easy to read, written with exquisite sensitivity, it is empowering to

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**the max. With reference to the most powerful symbols in history - moon, circles, blood, spirit, smoke, fire, plants, bees and more - this book reclaims modern society's tragic disconnection from nature and myth. The book invokes spiritual and feminine power to the point that you will experience the resurrection of the powerful Goddess within you while you're reading .... if you dare!!! If modern medicine were geared to the spiritual ways of thinking that Ms Colette Brown suggests, then there would be no negative views and experiences of menopause in our spiritually lost society. As a Psychologist with 20 years of professional experience, I assure you that if you want to be truly happy and healthy, then don't miss a book that acknowledges the empowering spiritual side of menopausal health, OK? Rachel Patterson Author of Moon Magic I downloaded it to my Kindle on Friday...and read it cover to cover in one sitting. I then ordered the paperback copy because I am going to work through it properly and I prefer to do that from a 'real' book. When I had finished reading, it was as if a light bulb had been switched on and was followed by a huge flood of relief that someone else had experienced what I was going through and had come out the other side relatively unscathed. This book is going to be my lifesaver, I just know it. Colette takes you**

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through her very own personal journey and I found myself nodding the whole way through - "yep I have that, yep I feel that yep that's happening to me". But then she provides the reader with the framework and structure to deal with each symptom and issue from a spiritual perspective. I say framework because she shows you how she dealt with it from her shamanic perspective but encourages you to make it your own. There are meditation and mantra suggestions and the idea to find your own goddess to work through it all with. I cannot tell you how relieved and happy I am to have remembered about this little gem, I haven't even started working with it properly yet but already I am feeling better!

Presents a compendium of all-natural, at-home spa treatments that can prevent or alleviate the unpleasant side effects of menopause, combining elements of herbal remedies, aromatherapy, meditation, massage, skin care, and yoga with the latest conventional medical treatments to provide effective remedies. Original.

**With SEX, No Drugs and Rock'n Roll Through Menopause**

**The Slow Moon Climbs**

**Seven Transforming Gifts of Menopause**

**Fly Through the Physical, Mental, and Spiritual Symptoms of PMS and**

## **Perimenopause Transformation Through Menopause**

### **Holy Hormones**

*In the past, menopause was a 'hidden' taboo topic with so much negativity associated with it. It was seen as a purely physical process linked with degeneration into old age and ill health. However, with woman living longer it has begun to be perceived as a rite of passage into a new way of living and being, linked with more freedom and energy.*

*Menopause itself can still be very debilitating for many women. This book is personal journey into the time of menopause looking at it from a spiritual point of view first and how spirituality can help with physical, mental and emotional symptoms. It seeks to show it as a natural part of life. Personal insights are linked into meditations and mantras to help the reader fully embrace this exciting time of moving into her 'wise woman' time. It helps women take possession of their menopause, rather than the other way round. The author bears her soul with both honesty and humor. A must for any woman nearing menopause and partners who are baffled by the whirlwind of change!*

*Menstruation, or moontime, is special for a woman and shifts in mind, body, and spiritual energy can cause both challenge and opportunity. This practical health guide reconnects women to the experience of an important stage of human development. The book*

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*examines and teaches how to work with the different menstrual energy patterns through natural self-help strategies that include nutrition and herbs, the Triple Goddess, meditations and imagery, vibrational healing using quartz crystals and flower essences, and hand reflexology. Using a down-to-earth, nature-connected approach to menstruation, women will learn to embrace this essential process of their womanhood.*

*A Jungian analyst explores the feminine psyche through stories of "wild women"--the mythological archetype of the strong, primitive woman*

*Interest in yoga is at an all-time high, especially among women. Whether readers wish to begin the practice or are already involved in yoga, this innovative book will help them understand the unique benefits yoga provides for a woman's health and mental well-being. The authors lead women of all ages through the health and life cycles specific to females by illustrating the spiritual and physical advantages of Kundalini yoga, as taught by yoga master Yogi Bhajan. Hari Khalsa applies ancient wisdom to explain how to determine and enhance one's own special relationship with the mind, body, and soul.*

*Using his expertise on women's health issues, Dr. Siebel reveals the scientific basis for yoga's positive effects on the brain. Together, Dr. Siebel and Hari Khalsa create a dialogue of spiritualism and science, elucidating how every woman can reap the rewards of yoga for a lifetime.*

*Myths and Stories of the Wild Woman Archetype*

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*Illuminating Women's Health and Spirituality*

*Karma City*

*"Experiencing Menopause with Empowerment and Joy*

*An Opportunity to Transform Your Life*

*Herbal Remedies for Radiant Health at Every Age and Stage of Life*

*Jump Off the Hormone Swing*

Called "my menopause bible" by half a million women, the best book on menopause is now better. Originally published in 1992 and still a top best-seller. Completely revised with 100 new pages. Susan S. Weed (author of the best-sellers Breast Cancer. Breast Health! the Wise Woman Way, Wise Woman Herbal for the childbearing Year, and Healing Wise) has completely rewritten this classic after listening to over 20,000 women talk about menopause and what works for them. All the remedies women know and trust plus hundreds of new ones. New Sections on thyroid health fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. Introduction by Juliette de Bairacli Levy. Beautifully illustrated, superbly indexed, wrapped in the healing cloak of the Ancient Ones, this is a book for owen of all ages

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who want strong bones, healthy hearts, and a long, joyous life without hormones.

A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the



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authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and “re-wilding” of a woman’s sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body’s inner intuitive wisdom and heart energies, remove the “performance pressure” of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going “beyond” sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through

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menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

Includes a preview of *Mothering from Your Center*, the next book from Tami Lynn Kent. *Wild Feminine: Finding Power, Spirit, & Joy in the Female Body* offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the

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deep and natural wisdom inherent in the female body. Wild Feminine reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. Wild Feminine gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center. Menopause is a dramatic but largely overlooked developmental window to the second half of life. Although today's women are more aware of and actively involved in mapping their menopausal journey than generations before, many still do not see menopause as a time of important psychological and spiritual transformation. This book goes far beyond hot flashes and gets to the very heart of the midlife journey, helping women find their unique voice and speak their truth in an era of #MeToo and #ChurchToo. Coming alongside readers as a wise spiritual guide, pastor and theologian Cheryl Bridges Johns identifies seven key developmental "tasks" of menopause and gives practical ways women can embrace each one. She encourages women

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to view these tasks as gifts as they experience the remarkable physical, emotional, and spiritual transformation that occurs in this stage of life. Written in a warm and conversational tone, this book helps women chart a course for the future, leading them to a renewed sense of identity, a more focused vision for life, and a deeper spirituality. Each chapter includes guided questions for personal reflection and study questions for group discussion.

The Seven Sacred Rites of Menopause

Flash Count Diary

Menopause with Science and Soul

A Guide to Physical, Emotional and Spiritual Health at Midlife and Beyond

The Spiritual Journey to the Wise-woman Years

Finding Power, Spirit & Joy in the Female Body

Menopause and the Vindication of Natural Life

With Sex, NO Drugs and Rock'n Roll is a self-help guide focusing on life during and after menopause, including natural remedies, a guide to Tantra, and chapters for men who support menopausal women. Fear, dread, and uncertainty often surround menopause. Many women feel as if their best years are behind them - but this not true! This book will guide you through

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menopause naturally and offers a range of advice for physical, mental, spiritual, and even sexual health. It isn't only ideal for women going through menopause, but also for those who are near- and post-menopausal. In addition, this book makes a great gift for the men in your life, with chapters tailored just for them and how they can help and support you! Exchange fear for confidence, dread for hopefulness, and uncertainty for excitement as you begin this new, beautiful chapter of your life! Provides simple strategies and cutting-edge information on: - Tests you really need to know about and questions to ask your Doctor - To HRT or not to HRT? - Common Challenges and what really helps - Which Supplements and Homeopathic remedies to take and why - The emotional impact of Menopause and what to do - How you can keep your symptoms at bay with Hypnosis - breathe - and mind-control - A Low Tox Life for your Body and Home - Essential Oils for menopause - Addressing brain fog naturally - A whole chapter for the BOYS - how your man can help - How to finally make peace with your body - Let's talk about sex, baby! Tantra is not a dirty word! Additional Resource: A full 7 Day Meal Plan to kickstart your weight loss naturally with real and yummy food With this trusted resource, Susanne McAllister shows that we can experience natural menopause inJOY and community so that we feel empowered, wiser, happier and stronger in our body, mind and spirit living our best and most joyous life.

An herbal guide to support physical, mental, and spiritual health for women and their children at all stages of life--by a healer with over 40 years of experience. Plant medicines are a woman's ally to achieve optimal health; they bring balance and nourishment to daily life and can reduce

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or eliminate symptoms of physical and emotional distress. They can also provide alternatives to many pharmaceuticals. This go-to herbal sourcebook gives women the tools to thrive throughout their lives, with remedies using common herbs and plants to support a healthy body, mind, and spirit. Dr. Leslie Korn brings over forty years of experience in numerous herbal traditions and healing modalities, offering timeless wisdom in this herbal companion that can be shared with friends and passed down in the family for generations. She offers treatments using common and easy-to-obtain herbs to address sleep disorders, menstrual issues, autoimmune conditions, anxiety, headaches and migraines, stomach issues, fertility issues, postpartum recovery, skin ailments, common discomforts that affect children, and much more. Korn also offers herbal guidance for rites of passage, moments of community, psychoactive herbs, and a protocol for end-of-life care, as well as a comprehensive resources section.

Presenting a spiritual approach to the changes of menopause, the author of *Medicine Woman* offers an inspirational path through emotional mazes common during this stage of life, viewing it as a positive opportunity for growth. \$40,000 first printing. Tour.

At this very moment over fifty million women are going through menopause. Pharmaceutical companies are mass marketing hormones as fast as doctors can prescribe them, and menopausal seminars sponsored by these companies are crisscrossing the country in an effort to educate women on easing the physical pains of hormone deficiencies. Books like *The Silent Passage*, *What Your Doctor Won't Tell You About Menopause*, and *Listening To Your Hormones* are flying off the shelves because women are desperate to learn even more. And yet, these doctors,

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seminars, and books still haven't addressed what every transitional woman instinctively knows: Menopause is much more than just a list of physical ailments, menopause is a spiritual journey. *The Seven Sacred Rites of Menopause: The Spiritual Journey to the Wise-Woman Years* is a groundbreaking work that will usher in a new way for women to cope with the emotional and physical challenges of menopause. Venturing into uncharted territory, Kristi Meisenbach Boylan takes an intriguing and original look at the seven rituals that menopausal women move through on their voyage to the wise-woman years. Author Meisenbach Boylan believes that these seven ceremonial milestones should be viewed as celebrations—not as symptoms of an illness—and that the menopausal life passage isn't just about a woman's body fighting to correct hormonal imbalances, but is really about the soul trying to find its spiritual balance.

Yoga and the Wisdom of Menopause

Harnessing the Power and Potency of Your Wisdom Years

The Bible Cure for Allergies

The Spiritual Journey of Menopause

Awakening Through Menopause

A Shamanic Approach

Creative Menopause

**Hormone Treatment Is Called Harmful-Washington Post, 7/10/02 Estrogen Use Linked to Higher Cancer Risk-Boston Globe, 7/17/02 31.2 million women facing menopause in America are concerned by these headlines. Most women today will**

**live over one-third of their lives post-menopausal, but what about the age-old solution of hormone replacement therapy? In 2002 the U.S. government halted a major study of hormone therapy because it increased the risk of invasive breast cancer. Now, millions of women are left wondering whether they should approach menopause without hormones, suffering from hot flashes and low sex drive or take hormones and live in fear of being another statistic. Suza Francina has a simpler solution: Yoga. In this practical book, Francina, a leading yogi and author of *The New Yoga for People Over 50*, shows how yoga can be a powerful tool to help women turn menopause into a positive and empowering experience, both physically and spiritually. Included are easy-to-follow, indexed photos of yoga poses that alleviate key menopausal problems including: hormonal changes; hot flashes; irregular bleeding; fibroids; stress and anxiety, mood swings, depression and fatigue; bone loss; heart disease and cancer. Francina delivers a timely and truly heartening message to women: you don't have to get weaker or depressed when facing menopause, it can truly be an empowering, restorative time.**

**Turn menopause and midlife into a positive experience *Dealing with the Psychological and Spiritual Aspects of Menopause* examines the emotional toll of menopause, offering help for the worry, anxiety, stress, and depression women can face during the midlife years. Instead of focusing on estrogen, hormones, and**



**osteoporosis, the book shares up-to-date research findings on the link between spiritual and emotional health. Women from different backgrounds and spiritual traditions will find hope in the healing power of the mind/body/spirit connection as they gain a healthy perspective of the changes taking place and restore balance to their lives. Dealing with the Psychological and Spiritual Aspects of Menopause goes beyond the traditional medical approach to examine ways women can make peace with the changes they face at midlife. This unique book informs, empowers, and enlightens women about the opportunities for personal and spiritual growth during menopause, offering strategies for exercise, meditation, prayer, and counseling. The authors offer a new perspective on menopause that offers hope in the face of the stress, worry, hot flashes, and often-overwhelming responsibilities women face at the midlife. This book demonstrates that women can do more than just “make it through” menopause. The authors show that menopause can become a positive experience for women as they discover new avenues for finding peace and hope to sustain them through the challenges of mid-life—and beyond. Dealing with the Psychological and Spiritual Aspects of Menopause examines alternative aspects of menopause, including: dealing with emotional loss on top of physical and psychological changes moods, attitudes, and depression the benefits of counseling and group support exercise as a treatment for anxiety and depression the work**

**experience spiritual issues special challenges of the perimenopausal period and much more! Dealing with the Psychological and Spiritual Aspects of Menopause is a vital resource for physicians, counselors, therapists, and psychologists, and especially for the women they treat.**

**A surprising look at the role of menopause in human history—and why we should change the ways we think about it Are the ways we look at menopause all wrong? Susan Mattern says yes and, in *The Slow Moon Climbs*, reveals just how wrong we have been. From the rainforests of Paraguay to the streets of Tokyo, Mattern draws on historical, scientific, and cultural research to show how perceptions of menopause developed from prehistory to today. For most of human history, people had no word for menopause and did not view it as a medical condition. Rather, in traditional foraging and agrarian societies, it was a transition to another important life stage. Introducing new ways of understanding life beyond fertility, Mattern examines the fascinating “Grandmother Hypothesis,” looks at agricultural communities where households relied on postreproductive women for the family’s survival, and explores the emergence of menopause as a medical condition in the Western world. *The Slow Moon Climbs* casts menopause in the positive light it deserves—as an essential juncture and a key factor in human flourishing. Combining medical facts and real-life experiences with a healing sense of humor,**

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**Holy Hormones!** encourages women to choose a healthier lifestyle. More importantly, **Dr. J. Ron Eaker** will show how **God's plan**, written in nature and the **Bible**, challenges women to live more joyfully and with greater purpose.

**Rejuvenation**

**Herbal Remedies, Aromatherapy, CBT, Nutrition, Exercise, HRT...for Perimenopause, Menopause, and Beyond**

**A Woman's Book of Yoga**

**Natural Woman**

**The Wise Woman Way**

**Finding Hope in the Midlife**

**Tantric Sex and Menopause**

The best kept secret is this: Menopause is a natural phase in a woman's life, not something to be dreaded. Rather, it is something to look forward to as a time when all kinds of new creativity can be born, bringing joy, satisfaction and meaning to our lives. This book explores a shamanic approach, through connection to all the worlds we live with - the humans, the plants, the animals, spirit, and the minerals, to empower the later phase in a woman's life - menopause and beyond. By celebrating menopause as a rite of passage, we discover what is ours to do now. What is a rite of passage? A moment when

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great change is afoot. The value of such a transformation is increased when it is acknowledged and celebrated as we move from one role or phase in our lives into the next. In many societies such "moments" are well-known and recognized in our various birthing, marriage, and death rites. In this book, we approach menopause as a rite of passage - a transition from one stage of life to another. It can be an empowered phase in a woman's life, a part of our life development that deserves dignity and honor. We focus on the possibilities and fulfillment that can come with menopause. We can all explore menopause as a time of great potential and power within ourselves. We become matriarchs and caretakers for the coming generations, bringing a different kind of joy, satisfaction, and meaning to our lives and the lives of those around us. But it is also the case that many people still fear and resist menopause. It is not uncommon to encounter beliefs that menopause is the end of a woman's productive years, and that her fate now is to grow old, become increasingly unattractive, and no longer have value in her world. A recent study found that less than 20 percent of premenopausal women have even moderate knowledge of the biological changes that may occur to them during menopause. It found that even fewer women carry a positive view of menopause - as a natural process that takes us to the next stage in our lives, granting us new opportunities to take our power and open to newfound joys. Most

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of the time menopause is still considered a decline that requires remedies to cure it. It is an unfortunate approach to a natural phase of life, which, as you will see, holds so many gifts for us. We both learned about rites of passage through the teachings of the Deer Tribe Metis Medicine Society, or the Deer Tribe for short, an organization that supports a spiritual path that provides teachings, ceremonies and tools for our human quest for growth. We are both long-time students of this path, which combines traditional, spiritual, and modern knowledge about the human being. It carries a rich body of knowledge and ceremonies in rites of passage. Razel is a senior teacher on this path. Karin's focus is counseling and teaching about the rites of passage. This book contains common sense and a shamanic approach to a wonderful, though little understood, phase in a woman's life. All over the world there are organizations and initiatives whose focus is to implement meaningful rites of passage back into our society. We encourage all of you to seek out the knowledge that speaks to you from any source that is valuable for you. We hope you also enjoy this book.

In *Jump Off the Hormone Swing*, Lorraine Pintus shares openly about the inner tension a woman can feel at certain times of the month between wanting to love her neighbor on one hand, and wanting to strangle her and shoot her ugly dog on the other. While many books discuss the physical and emotional symptoms of

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hormones, this is the first to explore in depth the spiritual aspects. Jump! is a mentoring book, not a medical book. The focus is on attitude, not anatomy. Lorraine shares insights from her own journey as well as wisdom from 1,500 women she surveyed. Sound biblical wisdom is laced with humor because after all, when it comes to hormones, you either have to laugh or cry, and laughing is better! Get answers to these questions: · What is the number one thing I can do to feel better physically? · How does PMS and perimenopause affect me spiritually? · Which foods ease PMS symptoms...which make them worse? · How do hormones affect my brain? · Why does stress make my PMS worse and what can I do about it? · Are there benefits to PMS and perimenopause? (you'll discover 10!!) · How can God possibly love me when I hate myself? Includes a 10-week study for individual and group use.

Provides a holistic and theoretical framework through which women can understand menopause as an experience they can use for personal growth rather than something to be endured

Today's generation is the first to really speak openly about menopause—yet the medical community and popular culture fixate on the negative aspects. Now a renowned women's health expert offers a powerful guide to experiencing perimenopause and menopause as a neutral gateway into the next exciting and

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meaningful phase of our lives.

Dealing with the Psychological and Spiritual Aspects of Menopause

The Complete Mind/Body Approach to Coping with Menopause

Natural Spiritual Menopause and Beyond

Making Sense of Menopause

Mind Over Menopause

A Journey Through Menopause

Integrative Women's Health

A holistic guide to managing menopause draws on the latest research to provide a customizable plan of nutrition, exercise, and relaxation response techniques that can reduce such symptoms as hot flashes, night sweats, mood swings, and insomnia. Original. 20,000 first printing.

Are you feeling hot one minute and cold the next but no fever? You may be going through a season of menopause. Are kids driving you crazy? You may be parenting while menopausal. Perhaps you feel the need for extra prayer. In this atypical devotional, you will find comfort in knowing you are not alone. These real-life stories will cause you to laugh out loud or snicker to yourself as you see them playing out in your mind. This collection focuses on the uncomfortable physical realities of menopause symptoms including hot flashes, unusual hair growth, and

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mood swings. But understanding, acceptance, and appreciation of profound changes in life can be applied to any change in our physical, social, or emotional circumstances. Angela shares personal examples that reveal critical strategies for managing change: a sense of humor, reliance on scripture, and an unflinching faith. “ If you giggle, blush, weep, or reach for a fan, you may be experiencing menopausal symptoms or you may simply be enjoying her excellent writing ” (Debbie Taylor, author, *Sweet Music in Harlem*). “ Menopause Ain't No Joke ain't no joke! LOL. I have read many devotionals and Christian books in my lifetime, but nothing compares to this lighthearted yet uplifting and humorous take on the insights and experiences of Christian writer Angela Verges. Sit down, relax, and expect to be enlightened, encouraged, and delightfully amused! ” (Sheila Thomas, editor and publisher, *Prayer and Praise Magazine*).

Menopause A Natural and Spiritual Journey John Hunt Publishing

'A menopausal witch, magic and mayhem...fabulous book I could totally relate to!' Rachel Patterson -best-selling pagan author Minerva is a witch with real-life problems. Her daughter, Rhiannon, is pregnant, but wishing she wasn't. Minerva is menopausal and wishing she wasn't. Under the influence of hormonal horrors and brandy, Minerva's ridiculous attempts to snare the local vicar play out disastrously alongside the turmoil of Ronnie's predicament. Madness descends.



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So, when a horse-riding accident and one crazy spell after another plunges mother and daughter into further chaos...will magic save the day? Enter the world of Witch Lit and a story alive with laughter, magical possibility and the realities of everyday life....by an author with first-hand experience of modern witchcraft. '...a very enjoyable book with many laugh-out-loud moments...' Collette Brown, author of Menopause: A Natural Spiritual Journey. 'Magical realism at its best.' Harmonia Saille, Hedge Witch and author of Pagan Portals - Hedge Witchcraft. 'Comedy, pathos, human foibles and inebriated witches...this is a rich and entertaining read.' Nimue Brown, pagan author. You don't have to be mad to buy this...but it helps.

A Guidebook for Navigating the Journey

The Inner Journey

A Witch Lit Novel

Woman at the Edge of Two Worlds

The Science, History, and Meaning of Menopause

Natural Menopause

Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today

**Take Charge of Your Menopause! This groundbreaking book—the first to reveal 12 distinct menopause types and how best to treat each—gives you**

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**the information you need to take charge of this challenging and sensitive life stage. Inside, Dr. Joseph Collins demolishes the "one size fits all" philosophy of menopause treatment, revealing that there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. Inside, you'll discover:**

- Natural & Coventional treatments that are best for you
- Necessary nutrients for a healthy menopause
- How to weigh the risks and benefits of Hormone-replacement therapy
- And much, much more

**"At last, a well-referenced resource on the advantages of natural versus synthetic hormone-replacement therapy."**

—Dana Reed-Kane, Pharm.D., F.A.C.A., F.I.A.C.P. **"Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause."**

—Luana Stone, menopause patient

**Awakening Through Menopause: An Opportunity To Transform Your Life** is about a New Jersey housewife who had a profound spiritual awakening during menopause that changed her entire inner and outer world. Losing her conditioned mind, her true self was revealed and life as she knew it changed forever. Following her intuition and her heart, she then became a certified professional coach, said goodbye to her family and friends, and moved to Hawaii. **Awakening Through Menopause** is an inspirational memoir and guide to how not only to survive an awakening in menopause but also how to thrive in it. The intention is to bring to all womens

**awareness the importance of recognizing what this period in her life really means and what she can receive. It is intended to remind women that menopause is the natural process of becoming the higher expression of herself, the true self that is infused with wisdom and power.**

**“Many days I believe menopause is the new (if long overdue) frontier for the most compelling and necessary philosophy; Darcey Steinke is already there, blazing the way. This elegant, wise, fascinating, deeply moving book is an instant classic. I’m about to buy it for everyone I know.” —Maggie Nelson, author of The Argonauts A brave, brilliant, and unprecedented examination of menopause Menopause hit Darcey Steinke hard. First came hot flashes. Then insomnia. Then depression. As she struggled to express what was happening to her, she came up against a culture of silence. Throughout history, the natural physical transition of menopause has been viewed as something to deny, fear, and eradicate. Menstruation signals fertility and life, and childbirth is revered as the ultimate expression of womanhood. Menopause is seen as a harbinger of death. Some books Steinke found promoted hormone replacement therapy. Others encouraged acceptance. But Steinke longed to understand menopause in a more complex, spiritual, and intellectually engaged way. In Flash Count Diary, Steinke writes frankly about aspects of Menopause that have rarely been written about before. She explores the changing gender landscape that comes with reduced hormone levels, and lays bare**

**the transformation of female desire and the realities of prejudice against older women. Weaving together her personal story with philosophy, science, art, and literature, Steinke reveals that in the seventeenth century, women who had hot flashes in front of others could be accused of being witches; that the model for Duchamp's famous *Étant donnés* was a post-reproductive woman; and that killer whales—one of the only other species on earth to undergo menopause—live long post-reproductive lives. *Flash Count Diary*, with its deep research, open play of ideas, and reverence for the female body, will change the way you think about menopause. It's a deeply feminist book—honest about the intimations of mortality that menopause brings while also arguing for the ascendancy, beauty, and power of the post-reproductive years.**

**Integrating modern medicine and ancient spiritual wisdom, *MENOPAUSE WITH SCIENCE AND SOUL* is an intelligent and thoughtful companion to navigating the menopausal journey. Drawing from the latest medical studies, naturopath Dr. Judith Boice advises women on practical concerns such as bone health, phytoestrogens, diet and exercise, and hormone replacement therapy, and offers stories, interviews, and rituals to nurture women's mental and emotional health. Essays and poetry from sixteen prominent writers celebrate the broad spectrum of women's menopausal experiences and honor diverse spiritual approaches to this significant life passage. Whether you're struggling with hot flashes or**

**reveling in an unexpected rebirth of creativity, this comprehensive guide provides the scientific and soul-centered support you need. Features contributions from: Clarissa Pinkola Estés, Carol Lee Flinders Brooke, Eagle Marliese Wabun Wind, Vicki Noble, Carol Bridges**

**A Natural and Spiritual Journey**

**Spa Secrets for Menopause**

**Blending Faith and Humor in Perfectly Imperfect Situations**

**An Unexpected Spiritual Journey**

**Weegie Tarot**

**Wild Feminine**

**Stories, Portraits, and Recipes**

Women have made it clear that they desire a broader, integrative approach to their care. Here, for the first time, Integrative Women's Health weaves together the best of conventional treatments with mind-body interventions, nutritional strategies, herbal therapies, dietary supplements, acupuncture, and manual medicine, providing clinicians with a roadmap for practicing comprehensive integrative care. Presenting the best evidence in a concise, accessible format, and written exclusively by female clinicians, this text addresses many aspects of women's health, including feminine perspectives on aging, spirituality and sexuality, specific recommendations for the treatment of cardiovascular

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disease, rheumatoid arthritis, HIV, headaches, multiple sclerosis, depression, anxiety, and cancer, as well as integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis. Homeopathic, Ayurvedic and traditional Chinese medicine practitioners provide insight into the ways in which these systems manage reproductive conditions. As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, but they also go beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing. OVER 3 MILLION BIBLE CURE BOOKS SOLD FROM THE NEW YORK TIMES BEST SELLING AUTHOR OF THE SEVEN PILLARS OF HEALTH AND I CAN DO THIS DIET This practical, informative booklet will expose the many nutritional, environmental and other underlying causes of allergies. Dr. Colbert presents insights from some of the top medical researchers in the world on allergy Bringing together western medical science and eastern wellbeing for menopause education, this book helps yoga teachers develop their understanding of menopause and women's health as well as support their students. Petra Coveney - creator of Menopause Yoga™ - shares yoga, breath and meditation practices, poses, and CBT and self-enquiry methods to manage

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menopause symptoms. Her book helps to educate and empower women going through menopause, allowing them to embrace it as an opportunity for self-growth. It includes three main yoga sequences that focus on managing specific groups of symptoms, as well as additional sequences for sleep, menorage, and osteopenia. This is the dedicated resource for yoga teachers who want to teach Menopause Yoga™, with four detailed 90-minute class plans also available to download. Underpinned by research and 20 years of teaching experience, Menopause Yoga helps those on their journey from peri-menopause to post-menopause to help them welcome the changes in their minds, bodies and emotions as they enter the next stage in their lives.

We are familiar with its symptoms: hot flashes, night sweats, and more. While menopause triggers physical changes, it also brings forth spiritual issues that, for many women, mark a redefinition of the feminine self. To address the impact of menopause, Gabriele Kushi has created a practical guide to dealing with this special time. The author first provides a clear understanding of the overall process of menopause, from biological changes to emotional challenges. She then offers research-based nutritional guidelines that can help relieve menopausal symptoms, as well as healthful kitchen-tested recipes based on a natural foods diet. However, it is the stories and portraits of twenty

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menopausal women that are the heart and soul of the book. Here is a true companion for any woman who wants to nurture her own spiritual growth, adopt a natural foods diet, and enjoy good health throughout the midlife years.

Discover Your Menopause Type

Menopause

The Exciting New Program That Identifies the 12 Unique Menopause Types & the Best Choices for You

The Madness and the Magic

Natural Wellness Strategies for the Menstrual Years

Practices for Spiritual and Sexual Renewal

Menopause Ain ' t No Joke

The tarot is the story of The Fool and his journey through life, learning, gaining knowledge, becoming wise and spiritually aware. Then he starts it all again in another life. Some lives are easier than others! Eddie Reilly was born in the East End of Glasgow in 1961 into a life of poverty, crime, Old Firm rivalry and smoked sausage suppers. It was also a life of love, friendship, family and Paradise. The Fool was born a Weegie! It could have gone better.....

Colette Brown is an author who writes both fiction and non fiction. Karma City: Weegie Tarot is a mixture of both! It can be read as contemporary urban fiction or as an insight into the Fool's Journey of the Tarot. Either way, this book will have you laughing out loud and crying a few tears. What people are saying about Karma City-Weegie Tarot: Colette's warmth, wit,



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love of the people and intelligence are demonstrated wonderfully in this book. Colette has dragged up old memories and new ideas and painted pictures of them with such wonderfully descriptive words, effortlessly melding a very real sense of Glasgow and its people with the world of Tarot. She uses her words skilfully and concisely, poking fun at, showing the strength and the weaknesses of; but always displaying the warmth and heart of her characters. Colette has managed to avoid the usual Scottish-isms that usually annoy me in Scottish books. She's kept her narrative Scottish in tone, without alienating her non-Scottish readers. This is not easy to pull off, just ask Irvine Welsh. I suppose the best thing I can say is that I loved it, and I think other people should read it; Scottish or not, Mystical or not; you won't regret it. Mark Wilson Author of the dEadinburgh series I laughed, sometimes inwardly, sometimes out loud and I even found myself close to tears. I won't spoil anyone else's enjoyment by saying anything else other than READ IT! I loved the book and know that in order to absorb some of the important messages it contains I will go back and read it again. Yvonne. Eddie Reilly had me laughing out loud (sometimes at inappropriate times) and also sobbing my heart out. So well written and obviously very cleverly done too! I advise anyone who likes a good down to earth story, to read this wonderful book. Mary Colette Brown has taken the story of the tarot and given it new life, new meaning and new understanding - follow 'the fool' on his journey but not the fool as we have known him but the fool as a Glaswegian (Weegie) on his path through his own trials and tribulations, each step echoing the next card in the tarot. An inspired idea brought to life beautifully. Rachel Set in Glasgow this book will have you laughing and crying as you follow Eddie Reilly's life through his ups and downs. Meet the people who Eddie has connected with and the effects

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they have had on his life. A brilliant book and a must read. Susan Ms. Brown writes as I believe Eddie would speak and the flavour of his experience is in every sentence. I loved the stories. I loved the grittiness and the lessons...the potential for healing in each one. I felt like I was being tucked into bed by my father who's only wish was to make me feel better. I would recommend this book to anyone looking for a heart-warming, intelligent read. It's just so good. Danielle (Ontario)

Understand menopause with all its changes and challenges, and choose practices and treatments to make this next stage in your wellness journey healthy, positive, and joyful. Your menopause is unique to you--a milestone on your personal well-being journey. A lucky few will breeze through it, but for most women this time of hormonal upheaval brings up a variety of challenging symptoms. This ebook is for you if you want to understand menopause better and find the right combination of resources for you--enabling you to stay physically, mentally, and spiritually well throughout the process. Find out how to adapt your existing wellness practices and build in new ones to smooth the path of your menopause: adopt yoga poses to calm hot flashes or help you sleep; use essential oils to balance hormones and lift mood; enjoy foods that boost energy and sharpen focus; discover the best exercises for strong bones and a healthy heart; meditate and use CBT to relieve anxiety; find out how Ayurveda can help you maintain thick hair and supple skin; enjoy aromatherapy massage to clear mind-fog or soothe joint pain. Discover how to attend to your specific needs in a mindful, positive way, either alongside or without prescription medication. Your go-to e-guide to helping yourself make the transition an energizing, liberating experience, *Natural Menopause* helps you take charge and embrace the change.

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New Menopausal Years

A Holistic Guide to Supporting Women on their Menopause Journey

Menopause Yoga

Pausing with God

Women who Run with the Wolves

Embracing Menopause Naturally