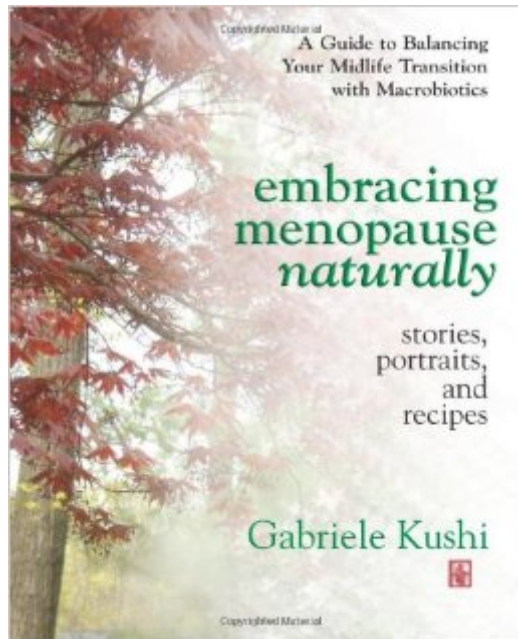


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# Embracing Menopause Naturally: Stories, Portraits, And Recipes



## Synopsis

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 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.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (7 customer reviews)

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## Customer Reviews

With "Embracing Menopause Naturally," Gabriele Kushi has created an inspiring work that allows the reader to share the experiences of many amazing women from all walks of life, as they have made their way through their midlife journeys. How fortunate we are to have the rare opportunity to learn from these wise and open-minded women, to hear their stories and sense a deep camaraderie. Gabriele takes the mystery out of this important stage of life, and gives it the dignity and respect it deserves. She presents simple and clear instructions for minimizing the symptoms of menopause: healthy, supportive macrobiotic recipes, a guidebook and glossary to illuminate any unclear terms and ingredients, along with a hefty dose of heartfelt encouragement!

Gabriele Kushi has put much effort and heart into the research and writing of this fabulous book which is an essential tool for the woman entering and experiencing this stage in her life.

Gabriele's book is awesome. I loved reading about the woman's experiences with menopause. I felt supported by their stories and connected to them. It made me feel that my experiences with perimenopause are all okay and that I am not going off the deep end! I loved how she brought all these women into my life to help me through this journey. Their experiences validate mine and help me to learn to enjoy the ride! Thanks Gabriele!

Gabriele has written one of the most lovely of books, even if you are not terribly interested in following a macrobiotic diet. It may convince you however, since the recipes are wonderfully simple, well explained and delicious. The interviews of our sister-elders are perhaps worth the price of the book, even without teaching us how to care for ourselves. Thank You Gabriele for the time and effort to give us the love in this book.

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