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CHRISTIANE NORTHRUP, M.D.

Author of *Women's Bodies, Women's Wisdom* and *Mother-Daughter Wisdom*

The Wisdom of Menopause

Creating
Physical and
Emotional
Health
During the
Change

"The Bible of middle-aged
womanhood . . . a masterwork."

— *The Atlantic*

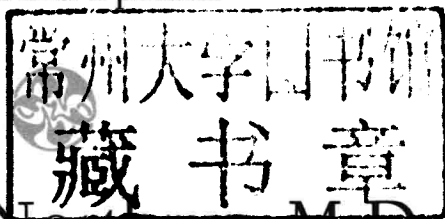
NEWLY
REVISED
AND
UPDATED



The Wisdom of Menopause

Creating Physical and Emotional
Health During the Change

Revised and Updated



Christiane Northrup, M.D.



BANTAM BOOKS
NEW YORK

Many of the stories that appear in this book are composites; individual names and identifying characteristics have been changed. Nevertheless, they reflect authentic situations in the lives of the thousands of perimenopausal women I've seen in my practice over the years. If you think you recognize yourself in these pages, the similarities are strictly coincidental unless I have received your specific written permission to use your story.

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*This book is dedicated to the pioneering spirit
embodied in the women of the baby boom generation*

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Christiane Northrup, M.D.

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The Wisdom of Menopause



INTRODUCTION

The Journey Begins



In the year or two before I actually started to skip periods, I began to experience an increasingly common feeling of irritability whenever my work was interrupted or I had to contend with a co-worker or employee who was not as committed to accomplishing the job as I was. Looking back, I recall that when I was in my thirties and my children were younger, their interruptions when I was in the middle of writing an article or talking on the phone were only mildly irritating to me. My love and concern for their welfare usually overrode any anger or frustration I might have felt.

But as I approached menopause, I found myself unable to tolerate distractions such as my eighteen-year-old asking me, “When is dinner?” when she could clearly see I was busy. Why, I wondered, was it always my responsibility to turn on the stove and begin to think about my family’s food needs, even when I wasn’t hungry and was deeply engrossed in a project? Why couldn’t my husband get the dinner preparations started? Why did my family seem to be almost totally paralyzed when it came to preparing a meal? Why did they all wait in the kitchen, as though unable to set the table or pour a glass of water, until I came into the room and my mere presence announced, “Mom’s here. Now we get to eat”?

The same thing occurred when it was time to get into the car and