

— NEW YORK TIMES BESTSELLER —

# CHRISTIANE NORTHROP, M.D.

## Women's Bodies, Women's Wisdom

Creating Physical  
and Emotional  
Health and  
Healing



NEWLY  
REVISED  
AND  
UPDATED

Christiane Northrup M.D.

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



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When it was first published in 1994, *Women's Wisdom* quickly became an international bestseller, and it has remained the veritable bible of women's wellness. Life-saving factual statements about cellular swelling—and why it is very important for breast, cardiovascular, and disease-fighting capability—health and wellness professional Dr. Christiane Northrup shares with us the latest developments and advances that will maximize our potential for living well in our bodies today. Living a healthy life in a female? how to birth naturally, despite the current induction and C-section epidemic? new materials on sexuality—all you need to learn about thyroid function, including correct blood checks—the spiritual and scientific concepts behind healing from terminal ailments, and how you can utilize these principles on your own health and the fitness of others? *Women's Bodies*, *Women's Wisdom* extraordinary details on Vitamin D—Now, in this revised and updated edition, world-famous and much-beloved female? the importance of the preconception diet and how to significantly decrease your threat of birth defects—and how exactly to have a more fulfilling sex lifestyle—the primary cause of most chronic degenerative diseases—and preventing this condition—actually ecstatic! elixir of youth molecule”—and how to enhance your degrees of it for vibrant health. Inside you will discover good news for everyone—the essentials on the “And that's body could be downright fun—women, men, and their children.



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Exceptional Revision of a Book Already Way Before its time. Ten years earlier Louise Hay's, "You Can Heal YOUR DAILY LIFE" had introduced the theory with a nonscientific book based mainly on personal experience. This book can make you gasp, laugh, cry, and reflect over and over again. First!!! One Star Not really what I thought. It's an easy read with personal stories and examples of the conditions, symptoms and solutions she discusses. Amazon is publishing all the reviews to all or any the editions! You can reach the other publication by clicking on the above hyperlink that says which edition this review refers as well. Every woman should have this on the shelf Dr. I like that she isn't totally medical model and also discusses herbs and other substitute methods to use in healing. Here they are: \* brand-new material on sexuality--and how to have a far more fulfilling sex existence\* the spiritual and scientific principles behind curing from terminal illnesses, and ways to utilize these principles on your own wellness and the health of others\* vital info about how to truly dissolve PMS and convenience menstrual cramps\* extraordinary facts on Vitamin D--and why it is very important for breasts, cardiovascular, and immune system health\* the importance of the preconception diet plan and how to greatly decrease your risk of birth defects\* how to birth naturally, despite the current induction and C-section epidemic\* all you need to know about thyroid function, including appropriate blood tests\* life-saving factual statements about cellular inflammation--the real cause of all chronic degenerative diseases--and how to prevent this condition\* the requirements on the "elixir of youth molecule"--and how to improve your degrees of it for vibrant healthIt can be important to consider the dates on the testimonials when considering them. There is no helpful details in this book. Bought as presents. It provides guidance in creating positive, health affirming outcomes instead of viewing the feminine body from the medical model of diseases waiting to happen.. The 90's opened the entranceway further when physicians like Deepak Chopra and Bernie Siegel, aided by medical researcher and journalist Norman Cousins, started to talk about the clinical evidence for a brain/body connection and how it may be manipulated. They had some incredible stories to tell, nonetheless it wasn't until Dr. Northrup arrived that a board certified OB/GYN started to connect the emotional, spiritual and medical dots that resulted in health or ill-wellness for women.OUR ANATOMIES Ourselves, first published in the first 1970's have been the first reserve to openly insist that females take control of their bodies, but it was still more a manual for working "with" a mainly authoritarian and at times misogynistic medical community. Later on editions become more centered on the culture of more youthful women. I bought these as presents for two girlfriends and they adored them. Northrup's depth of understanding and insight is unmatched.Back 1994 when the first edition was published, the theory that your brain could control your body was something contemplated mainly by "New Agers" and anthropologists studying Amazonian tribes.Have a look at the desk of contents obtainable in the "Look Inside" help. I actually thank Dr Christiane Northrup with great respect. This makes the reserve not only a important reference manual for those times when points fail, but an encyclopedia of protective spiritual wisdom from somebody who is an expert on both women's bodies and their spirits. I've bought this publication as something special as well. Women's Bodies, Women's Wisdom ... book I must say i appreciate Christiane Northrup, M. It provides helped me understand my body better. and this isn't the first reserve I've bought from her. This reserve is that way to obtain information. I'm sorry that Amazon didn't list the updates from the trunk of the book first on the primary product page.That is a whole new, newly researched and very updated version of an important book. Northrup's books are very thorough and full, and I see them great to possess as reference books which I turn to often through the years. I have this (bought a newer edition to displace my outdated, well-worn one) and her publication on

menopause. In many ways this book is still ahead of its time, that makes it a good buy for the present and the future. women. Northrup. Should be required reading! This is such a foundational book that needs to be required reading for all humans, especially girls & She writes like she noises on TV - clear, easy to understand, insightful, detailed without having to be too complex. Dr. Northrup's book is perhaps the graduate course for OBO, fusing cradle to grave medical information for females with support for coping with the impact of culture, self-worth issues and spiritual beliefs on a woman's wellness.. While a large part of the book is dedicated to discussing issues influencing a woman's body from the menstrual cycle through menopause, all of those other book focuses generally on wellness, including affirmations made to "protect and serve" your body rather than "slice and control" it. Life Saver This book is crucial read, reread, and apply... Have go through and applied Dr Christiane Northrup's publication Women's Bodies Women's Wisdom for many years. Five Stars My 87 year older mother loves this publication. As our anatomies and hormones change, often times we are in need of a holistic reply why. She is a woman's doctor and includes a lot of knowledge about the way the female anatomy works. I will have experienced menopause and Dr Northrup's publication Wisdom of Menopause was my just reference. I thank Dr Christiane Northrup with great respect. I would and also have recommended to family and friends! Wonderful book This is one of my favorite books, the kind of book I can't put down. Lots of here is how to be healthy, happy, and in tune with one's femininity. A Must-Have in every woman's book collection I thought it had been the audiobook, nonetheless it was still amazing, lots of great info! I am now buying this book for my daughters with much confidence it will bring all of the wisdom for them as they are going through womanhood! Not only gets the over 900 pages of information been significantly up to date, but attitudes towards its articles have changed dramatically because it was first published. Dr. A gift. This publication has explained questions I got throughout my childbearing and mothering years. She appreciates the simplicity it is written in. Great author Wonderful wisdom about a women's body and the natural changes. I am today buying this reserve for . Great book! A few daily reminders that are useful about our bodies. So happy to share this publication with my young nieces Five Stars She is always an abundance of wisdom! Five Stars I absolutely love this publication.D. Please make sure you are searching at the brand new 2010 edition with the White cover and standing image of Dr. Many of them are 10 or more years older. Save your money. Five Stars well written



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