

Books By Christiane Northrup

Christiane Northrup, M.D.

Making Life Easy Christiane Northrup, M.D., 2016-12-13 You know Dr. Christiane Northrup as the best-selling author of books such as *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*—a beloved and trusted expert on everything that can go right with the female body. Now she brings her wisdom and insight to illuminate the mind, soul, and spirit as well. In this joyfully encouraging new 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. Take your well-being into your own hands as you learn to: • Untie the knots of blame and guilt that harm your health • Use sexual energy consciously to increase vitality • Balance your microbiome through healthy eating • Cultivate a healthy ego that serves you (not vice versa) • Communicate directly with the Divine • And much more Drawing on fields from epigenetics to past-life regression to 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.

A Daily Dose of Women's Wisdom Christiane Northrup, M.D., 2017-11-07 For decades, Christiane 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: everything from heart-listening to epigenetics to the importance of knowing that your decisions about medical treatment are not irreversible. Examples include: • You are an ever-renewing, ever-changing, ever-growing being, born with an inner guidance that helps you create and maintain vibrant health and happiness. • When faced with a dilemma, take a moment to sit with the issue. Don't rush to decide what to do. • Intend to let Divine inspiration flow to you, and it will be so! • The next time you get an ache or a pain, soften the area around it with compassion. • Ask your body what it needs. Listen deeply for the answer.

The Wisdom of Menopause Christiane Northrup, M.D.,2012-01-03 Dr. Christiane Northrup's #1 New York Times bestseller *The Wisdom of Menopause* has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the change is not simply a collection of physical symptoms to be fixed, but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes: • a new section on sex after 50—and how, if need be, you can rejuvenate your sex life; • updated mammogram guidelines—and how thermography improves breast health; • the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes; • dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity; • all you need to know about perimenopause and why it's critical to your well-being; • a vital program for ensuring pelvic health during and after menopause; • strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

Women's Wisdom Perpetual Flip Calendar Christiane Northrup,2008-07-15 In this perpetual flip calendar that you can use year after year, trusted women's health expert Christiane Northrup, M.D., shares her warm and witty wisdom on creating vibrant health within your mind and body. Dr. Northrup offers inspirational quotes, empowering affirmations, enlightening exercises, and even bits of scientific research—all designed to help you make the most of each and every day. Her insightful guidance is a potent prescription for not only improving your health, but also for bringing great joy into your life on a daily basis.

Beautiful Girl Christiane Northrup,2013-01-01 Shares an empowering message to young girls that their bodies are perfect the way they are and the changes they experience as they grow are simply a part of growing up.

Women's Bodies, Women's Wisdom Christiane Northrup,1996-05 This revised edition of the groundbreaking, New York Times bestselling book on women's physical and emotional well-being now contains the most up-to-date information available on women's health issues. Dr. Northrup guides readers through the entire range of women's health problems and offers innovative, positive perspectives on normal processes. Copyright © Libri GmbH. All rights reserved.

Daily Dose of Women's Wisdom Christiane Northrup,2017-11-07 For decades, Dr Christiane 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: everything from heart-listening to epigenetics to the importance of knowing that your decisions about medical treatment are not irreversible. 'You have a Divine spark within you, and your body is permeated and nourished by spiritual energy and guidance. Having faith and trust in this reality is an important part of creating health. Ask for guidance and be open to receiving it.'

The Wisdom of Menopause (4th Edition) Christiane Northrup, 2021-05-11 "The Wisdom of Menopause offers an honest look at the menopausal transition. . . . If you are looking for realistic, positive, and constructive solutions to the inevitable challenges of life, then look no further—you have found your sourcebook." —The North American Menopause Society A #1 New York Times bestseller when first published, this groundbreaking book has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Christiane Northrup explains, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. In this fully revised and updated fourth edition, Dr. Northrup draws on the current research and medical advances in women's health, including · up-to-date information on hormone testing and hormone therapy · a completely new take on losing weight and training your mind to release extra pounds · new insights on the relationship between thyroid function, Hashimoto's disease, and Epstein-Barr virus, with a new program for healing thyroid issues · all you need to know about perimenopause and why it's critical to your well-being · the latest on new, less invasive and more effective fibroid treatments · information on which supplements are better than Botox for keeping your skin looking youthful · additional advice on dealing with pelvic health issues, including pelvic prolapse With this trusted resource, Dr. Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

Secret Pleasures of Menopause Christiane Northrup, 2008 The Secret Pleasures of Menopause is a groundbreaking book that is long overdue! 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 is their birthright. Christiane Northrup, M.D., delivers this breakthrough message that will help millions and 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!

Women's Bodies, Women's Wisdom Christiane Northrup, M.D., 2010-06-01 When it was first published in 1994, *Women's Bodies, Women's Wisdom* quickly became an international bestseller, and for the past fifteen years it has remained the veritable bible of women's health. Now, in this revised and updated edition, world-renowned and much-beloved women's

health expert Dr. Christiane Northrup shares with us the latest developments and advances that will maximize our potential for living well in our bodies today. Inside you will discover new material on sexuality—and how to have a more fulfilling sex life; the spiritual and scientific principles behind healing from terminal illnesses, and how you can utilize these principles for your own health and the health of others; vital information about how to truly dissolve PMS and ease menstrual cramps; extraordinary facts on Vitamin D—and why it is crucial for breast, cardiovascular, and immune system health; the importance of the preconception diet 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 proper blood tests; life-saving facts about cellular inflammation—the root cause of all chronic degenerative diseases—and how to prevent this condition; and the essentials on the fountain of youth molecule—and how to enhance your levels of it for vibrant health. Living a healthy life in a woman's body can be downright fun—even ecstatic! And that's good news for everyone—women, men, and their children.

Mother-daughter Wisdom Christiane Northrup, 2005 Dr. Christiane Northrup is one of today's most trusted and visionary experts on every aspect of being a woman. In *Mother-Daughter Wisdom* she introduces an entirely new map of female development, including the 'five facets of feminine power' that range from the basics of physical care to the discovery of passion and purpose in life. This blueprint allows any woman - whether or not she has children - to repair the gaps in her own upbringing and create a better adult relationship with her mother. It is also invaluable guidance for mothers of young daughters. Drawing on patient case histories and revealing personal history, Dr. Northrup discusses: Mother-daughter bonds; How this relationship affects our emotional and physical health; How to repair our relationships with our mothers; How to ensure a healthy future for our daughters and more.

The Wisdom of Menopause Christiane Northrup, 2001-03 Dr. Christiane Northrup has become one of American women's most trusted medical advisers. In *Women's Bodies, Women's Wisdom*, she broke entirely new ground by demonstrating that women's most common medical problems are often rooted in the basic conditions of their lives -- and that they can return to health by learning to listen to their bodies. She also integrated advanced medical techniques with the best natural remedies, offering readers specific guidance on choosing the right approach for themselves. Now, in *The Wisdom of Menopause*, Dr. Northrup once again challenges convention. The change is not simply a collection of physical problems to be fixed -- whether with hormones or herbs -- but a mind-body revolution that brings the greatest opportunity for growth since adolescence. This vitally important new book examines the connection between menopause and a woman's emotional and spiritual life. And it stresses how the choices a woman makes now -- from the quality of her relationships to the quality of her diet--either secure her health and well-being for the rest of her life, or put her future at risk. Dr. Northrup draws on her own life-changing experiences -- as well as on many intimate case histories--to explore the transformative power of these years. Readers will learn: * how menopause literally rewires the brain, triggering a shift of priorities from nesting and caretaking to personal

growth and equality * how to listen for the wake-up calls inherent in women's cyclic nature, from PMS to SAD to menopausal symptoms * how the body adjusts naturally to changing hormones, and how to make personalized decisions about HRT and alternative supplements * how to rebalance metabolism shifts and prevent middle-age spread * how to deal with the myths and realities of sexual changes and appearance issues * how to prevent long-term health problems such as heart disease, hormone-related cancers, and memory loss Candid and reassuring, *The Wisdom of Menopause* elucidates the changes women should expect from ages 40 to 55, and shows how these changes can be wonderfully life-affirming. Instead of dreading menopause as a time of loss, women will hear the real message their bodies are sending -- that this is a time of personal empowerment and positive energy ... and a time for women to break free and thrive.

The Secret Pleasures of Menopause Playbook Christiane Northrup, M.D.,2009-03-15 From the New York Times bestselling author of *Women's Bodies*, *Women's Wisdom* *The Secret Pleasures of Menopause Playbook* picks up where *The Secret Pleasures of Menopause* left off. In this companion volume (which Dr. Christiane Northrup calls a “playbook” as opposed to a workbook), scores of midlife women share the nitty-gritty details about how they incorporate the fun, pleasurable, and health-enhancing ideas outlined in *Secret Pleasures* into their own lives. Their glowing, poignant, insightful, straight-from-the-heart stories beautifully illustrate the empowering truth that daring to expand joy and pleasure in your life (despite what our culture teaches us) is actually the key to creating vibrant health physically, emotionally, and spiritually—including enjoying the best sex of your life! But that’s just the beginning. This Playbook is designed as your personal guide to deliberately attracting and experiencing more health-giving, life-sustaining joy and pleasure into your own life. At the end of each chapter, Dr. Northrup provides space for you to choose options, record your own ideas, and then commit to creating your own personal heaven on earth.

The Little Book of More Lynda Reid EdD PCC,2018-07-30 Many of us live overwhelmed in today's always on culture. The yin and yang of technology allow us the freedom to work from anywhere, yet restricts our ability to let go, reflect, process, and revive. In our viral state of multitasking and simultaneously attempting to control all the multiple aspects of our lives, we lose sight of our bigger picture, our purpose and what truly gives meaning and value to our lives. We rob ourselves of our potential. The concept of MORE is an acronym for four essential elements meaning, owning, relationships, and emotions. It is by focusing on and fostering these four elements that we grow and evolve into our potential. Learn how to live your MORE.

The Woman's Comfort Book Jennifer Loudon,2012-04-24 With over 200 prescriptions for giving yourself a break, this book helps the reader to sort out guilty feelings about self-nurture and to define her comfort/self-nurture needs. In this book the author delivers a host of creative and comforting programmes like the self-care schedule, creative selfishness, creating a comfort network, body delights, a personal sanctuary, the comfort journal, bathing pleasures and comfort rituals. Organised

by topic and cross-referenced throughout, this guidebook is designed to appeal to women of all ages. The new edition has been revised and updated for modern women.

Women's Bodies, Women's Wisdom Christiane Northrup, M.D., 2020-05-12 The New York Times bestselling guide to physical and emotional wellness for women of all ages—fully revised and updated for 2020 “A masterpiece for every woman who has an interest in her body, her mind, and her soul.”—Caroline Myss, Ph.D., author of *Anatomy of the Spirit* “I recommend *Women's Bodies, Women's Wisdom* to all women and also to all men who want to understand and nourish the women in their lives.”—Deepak Chopra, M.D., author of *Ageless Body, Timeless Mind* Emphasizing the body's innate wisdom and ability to heal, *Women's Bodies, Women's Wisdom* covers the entire range of women's health—from the first menstrual period through menopause. It includes updated information on pregnancy, labor, and birth, sexuality, nutrition, hormone replacement therapy, treating fibroids, avoiding hysterectomy, and maintaining breast and menstrual health. Fully revised and updated to include the very latest treatment innovations and research data, and reflecting today's woman's proactive involvement in her own health care, this important new edition will help women everywhere enjoy vibrant health with far fewer medical interventions. Filled with dramatic case histories, *Women's Bodies, Women's Wisdom* is contemporary medicine at its best, combining new technologies with natural remedies and the miraculous healing powers within the body itself.

Women's Bodies, Women's Wisdom Caroline Myss, 2003-07 The *Women's Bodies, Women's Wisdom* cards were created by Christiane Northrup, M.D., to help women reach clarity, fulfillment, and success in each of five major life areas: Fertility and Creativity, Partnership, Self-Expression, Self-Care and Nurturance, and the development of an Enlightened Mind and Heart. The deck comes with an instruction booklet that offers a variety of practical ways to access intuitive, grounded information on a number of issues.

The Better Bladder Book Wendy L. Cohan, 2011-02-15 Bladder problems affect millions of people, yet few are comfortable publicly or openly discussing their symptoms, making it difficult for patients with bladder disorders to obtain the support and resources they need. Those who've been diagnosed with interstitial cystitis (IC) or chronic pelvic pain are often told that there is no cure for their ailments. Indeed, standard treatments used with these conditions are not always effective or lasting. As a result, many people with bladder problems are looking for comprehensive information and alternative options for recovery. Wendy Cohan wrote *The Better Bladder Book* to give people who suffer from bladder problems more options. She guides readers to bladder wellness by emphasizing lifestyle changes and self-treatment. A week-by-week approach begins with an understanding of the diagnosis, leads to discovering the factors that cause or exacerbate symptoms, and ends with implementing the changes needed to reduce symptoms and recover bladder health. Cohan introduces the book with a description of the anatomy and function of the urological system and the assessment, diagnosis, and treatment of typical

bladder problems. She explains how diet affects the bladder, including the role of food sensitivities, allergies, and intolerance. She creates handy lists of healthful and harmful foods and offers a selection of diets to try, especially allergy elimination, gluten-free, and anti-inflammatory diets. Optional weekly meal plans are included. Like all aspects of health, bladder health is improved by daily exercise, good rest, and a reduction of stress. Cohan describes the benefits of regular exercise on bladder symptoms, its role in stress and pain reduction, boosting the immune system, controlling inflammation, and alleviating depression. Stress reduction techniques are also emphasized. Finally, Cohan supplies tips for a better night's sleep, including practicing good sleep hygiene, additional relaxation exercises, and the use of calming herbal teas. Cohan's goal is to leave no stone unturned in the quest for bladder health. With the diet, exercise, sleep, and relaxation techniques described in the book, the thorough description of medical treatments and procedures, and the question and answer section and other resources, readers should have all the information they need to start their own journey toward better bladder health.

The Wisdom of Menopause (4th Edition) Christiane Northrup, M.D., 2021-05-11 #1 NEW YORK TIMES BESTSELLER

- “The Bible of middle-aged womanhood . . . a masterwork.”—The Atlantic Newly revised and updated for this fourth edition, this groundbreaking book has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Christiane Northrup explains, the “change” is not simply a collection of physical symptoms to be “fixed,” but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. In this fourth edition, Dr. Northrup draws on the current research and medical advances in women’s health, including:
- Up-to-date information on hormone testing and hormone therapy, with new options and new research
- A whole new take on losing weight and training your mind to release extra pounds
- New insights on the relationship between thyroid, Hashimoto's Disease, and Epstein Bar Syndrome
- New, less invasive and more effective fibroid treatments
- Which supplements are better than botox for keeping skin looking youthful
- How taking the supplement Pueraria mirifica can optimize many aspects of midlife health and wellness
- Why older women don't need the HPV vaccine

With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

The Secret Pleasures of Menopause Christiane Northrup, 2010-05 Christiane Northrup, M.D. is a visionary pioneer and beloved authority in the field of womens health and wellness. A board-certified OB/GYN physician who graduated from Dartmouth Medical School and did her residency at Tufts New England Medical Center, Dr. Northrup was also an assistant clinical professor of OB/GYN at Maine Medical Center for 20...

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