

The Wisdom Of Menopause The Complete Guide To Physical And Emotional Health During The Change

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Dr Louise Newson talks to Neuroscientist Dr Lisa Mosconi about Menopause and the Brain

Ep #5 - Dr. Christiane Northrup: How to Achieve Optimal Health

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The Wisdom of Menopause. The Promise of Transformation and Healing. Posted by Christiane Northrup, M.D. November 4, 2019. Menopause. Research into the physiological changes taking place in perimenopausal woman is revealing that, in addition to the hormonal shift that means an end to childbearing, our bodies—and, specifically, our nervous systems—are being, quite literally, rewired.

[The Wisdom of Menopause | Christiane Northrup, M.D.](#)

In *The Wisdom of Menopause*, she once again challenges convention with this inspiring look at one of the most commonly misunderstood female health issues. The “ change ” is not simply. Through her bestselling books, groundbreaking PBS specials, and up-to-the-minute clinical knowledge, Dr. Christiane Northrup has earned a place as one of America ' s most trusted medical advisors.

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