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LA Sabiduria De LA Menopausia: Cuida De Tu Salud Fisica Y Emocional Durante Este Periodo De Cambios (Spanish Edition)

Christiane Northrup

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En La sabiduría de la menopausia, la autora examina la relación que existe entre este periodo de cambios y la vida emocional y espiritual de la mujer, y afirma rotundamente que tomar decisiones adecuadas en esa etapa de la vida es básico para asegurar la salud y el bienestar de la mujer durante el resto de su existencia.

Mediante la exposición de su propias experiencias y de muchas historias clínicas, la doctora Northrup ilustra el gran potencial de cambio que encierran estos años cruciales. Estos son algunos de los temas que aborda:

· La menopausia implica, literalmente, una reorganización del cerebro, que desencadena un cambio de prioridades: el interés por criar y cuidar deja paso a una mayor énfasis en el crecimiento personal y la igualdad.

· El cuerpo se adapta de manera natural a los cambios hormonales y por eso es bueno que estés preparada para tomar tu propia decisión respecto de las terapias hormonales sustitutivas y los complementos alternativos.

· Es posible reequilibrar el metabolismo y evitar el aumento de peso.

· Mitos y realidades sobre los cambios sexuales y temas relacionados con el aspecto físico.

· Prevención de problemas de salud a largo plazo, como las afecciones cardíacas, las formas de cáncer relacionadas con el sistema hormonal o la pérdida de memoria.

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