



Women's Reading List

Hormone Replacement Therapy: Yes or No, Betty Kamen, Ph.D. Novato, CA; Nutrition Encounter, Inc., 1993.

Without Estrogen, Dee Ito. New York; Carol Southern Books, 1994.

Transformation through Menopause, Marian Van Eyk McCain. New York; Bergen & Garvey, 1991.

Menopause, Michael Murray, N.D. Rocklin, CA; Prima Publishing, 1994.

Women's Bodies, Women's Wisdom, Chris Northrup, M.D. New York; Bantum Books, 1994
(Audio tapes available from Sounds True, 800-333-9185).

The Wisdom of Menopause : Creating Physical and Emotional Health and Healing

During the Change. Christiane Northrup M.D., Bantam Doubleday Dell Pub , 2001

Menopause Naturally: Preparation for the Second Half of Life, Sadja Greenwood. Volcano Press, 1992.

The Menopause Self Help Book, Susan M. Lark, M.D. California; Celestial Arts, 1992.

Menopause Without Medicine, Linda Ojeda, Ph.D. Alameda, CA; Hunter House, 1992.

The Silent Passage: Menopause, Gail Sheehy. New York; Random House, 1992.

Menopausal Years: The Wise Woman Way (An Alternative Approach for Women 30-90), Susan S. Weed. Woodstock, NY; Ash Tree Publishers, 1992.

Menopause, A Second Spring, Honora Lee Wolfe. Boulder CO; Blue Poppy Press, 1995.