

# *Dr. Goldman's Book Reviews*

## **THE WISDOM OF MENOPAUSE**

Creating Physical and Emotional Health and Healing  
During the Change

By

**Christiane Northrup, M.D.**

Bantam Books, 2001

Dr. Northrup had a career as an Ob/Gyn physician. Her first book, *Women's Bodies, Women's Wisdom*, was originally published in 1994. She was inspired to write by her own menopausal experience, divorce after a long marriage and the maturation of her children. Menopause was only one of the great changes she experienced at this time in her life. At about the time she began this book, she also stopped the active practice of medicine and devotes her time exclusively to gathering information, writing and lecturing.

This is a big book. The actual text is just under five hundred pages. Northrup presents material on the physiology of the transition, types of hormone supplements, diet and nutrition, bleeding issues, sexuality, sleep, appearance, bone health, breast health and life style. It is a strong single source of much of the literature. Dr. Northrup tries to create comprehensive reference books for her readers.

I would offer one caveat. Dr. Northrup no longer actively practices medicine. Over the last five years I have done a great deal of reading on many topics in menopause, hormones and medical physiology. When I apply these facts and ideas to real, living patients, I am constantly surprised. One must keep in mind the variation amongst individuals. Applying medical research and study to patients is a humbling experience. Some new ideas work extraordinarily well. Nothing works all the time. Some things that are written are just plain wrong. If one asks patients how they are doing with treatments and really listens to the answers, the true story comes out. Dr. Northrup no longer sees patients, which I feels weakens the work she has done. **Reading this, or any other medical text, keep in mind that what they say may not be right for you.**

One other point I find interesting. The cover photos of Dr. Northrup in the original publications show her standing in a formal woman's suit, very neat hair and very professional looking. The new covers for these same books show her casually lying in a large chair, in soft casual clothes and a softer hairstyle. The marketing department has changed Dr. Northrup's image from formal, smart, professional doctor to just one of the girls.

Robert P. Goldman, MD 1-25-2007