

Review by Julie S. Jurenka, MT(ASCP)

Managing Menopause Naturally Before, During, and Forever

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There are many books on the market addressing the management of menopause. However, *Managing Menopause Naturally* is a standout and an easy read, cover-to-cover. Dr. Kane clarifies this complex and confusing life transition for women in an understandable, yet scientifically accurate manner. She also dispels the myth that menopause is a disease that automatically results in increased risk of heart disease, osteoporosis, arthritis, and other chronic conditions. The focus of Kane's book is that perimenopause and menopause are normal states of transition that can be managed naturally without the use of pharmaceuticals and, once achieved, empower women with a new sense of freedom.

Peter J. D'Adamo, ND, says, "Highly recommended! *Managing Menopause Naturally* blends timeless naturopathic wisdom and the latest scientific research with clear, helpful writing style to produce a fresh new look at Western culture's most misapprehended life event."

Part one provides a detailed overview of the 10 symptoms most women experience during perimenopause and menopause, as well as a discussion of how changing estrogen and progesterone levels affect the menstrual cycle. A concise treatment summary after each chapter highlights the main points discussed. Part two provides extensive information on natural substances women can use to alleviate the symptoms. Kane's discussion of the use of bio-identical hormones presents valuable and easily understood information on this alternative to conventional hormone replacement therapy. She also discusses the benefits of antioxidants, bioflavonoids, vitamins, liver-cleansing nutrients and botanicals, and phytoestrogens to help support the body in perimenopause and menopause.

The third section discusses hormone synthesis and the role the adrenals, ovaries, and thyroid play in orchestrating hormone changes associated with menopause. Kane provides excellent explanations of these complex systems and discusses the therapeutic use of DHEA and other nutrients and botanicals for adrenal support.

The fourth part presents the reader with information for staying healthy before, during, and after the menopausal transition. The physiology of the immune and cardiovascular systems and lifestyle changes that can positively impact them are also included. Diet, food allergies, weight control and exercise, as well as beneficial nutrients are discussed. The final chapter presents basic facts, warning signs, and risk factors for cancer, and ways to reduce those risks, including a general outline of an anti-cancer diet.

Joseph E. Pizzorno, ND, says, "Dr. Emily Kane's *Managing Menopause Naturally* is a wonderful resource for the woman who wants to take control of her health. Every woman should read this and abide by its wise advice."