

Menopause With Science And Soul A Guidebook For Navigating The Journey

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Menopause With Science And Soul

MENOPAUSE WITH SCIENCE AND SOUL is an insightful reminder that it's not just about the latest research, but the timeless knowledge of nature, and the strength of inner knowing that each woman can bring to her decisions about managing her menopause."-Tori Hudson, ND, medical director of A Woman's Time and author of the Women's Encyclopedia of Natural Medicine

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-Prelude of Dr. Boice's award-winning book Menopause with Science and Soul. Dr. Judith Boice is an award-winning author, naturopathic physician and acupuncturist, who has a passion for sharing her wisdom gleaned from 40 years of working with Green Medicine™.

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Considered a "hush-hush" topic among our foremothers, talking about menopause has come out of the dark. Dr. Boice demystifies medical jargon and sheds light on the physical, emotional, and hormonal changes a woman may experience. This talk focuses on lifestyle choices that can affect menopausal symptoms, functions of the reproductive hormones in the body, hormonal interactions and changes ...

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Menopause | Dr. Judith Boice, ND, LAc, FABNO

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