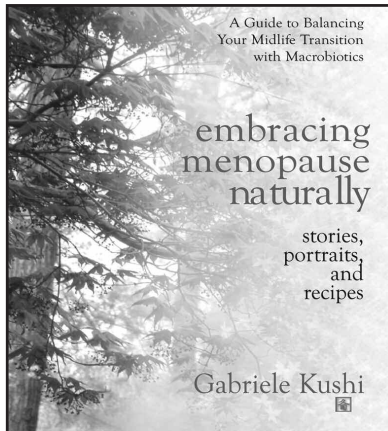


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## *Changing Your View of “The Change”*

*Macrobiotic Health Expert Gabriele Kushi  
Presents a Guide to Menopause That Can Help Women  
Maintain Balance in Their Lives—Mind, Body, & Soul*

Menopause triggers physical changes and emotional and spiritual issues that call for a redefinition of the feminine self. Praised by renowned doctor Christiane Northrup, MD, bestselling author Ann Louise Gittleman, PhD, and Grammy-award winning

musician/activist Bonnie Raitt, Gabriele Kushi's book *Embracing Menopause Naturally* offers insight for this important life passage through courageous stories and stunning images of women from different cultural backgrounds.

In this book, the author first provides a clear understanding of the overall process of menopause, from biological changes to emotional and spiritual challenges. She then goes on to offer research-based nutritional guidelines that can help relieve menopausal symptoms, as well as healthful kitchen-tested recipes based on a natural foods diet. However, it is the stories and portraits of twenty-one menopausal women that are at the heart and soul of the book. In their own words, these beautiful women share their diverse experiences with the reader. They relate their backgrounds, discuss their children and grandchildren, and detail how and when they noticed their first menopausal symptoms, as well as what they did to alleviate them. Some turned to their traditional cultural rituals for affirmation of this phase of life, while others sought alternative or conventional medicine. The reader learns how the passage affected each woman's quality of life and how she ultimately expressed her new self.

*Embracing Menopause Naturally* is a true companion for any woman who wants to nurture her own spiritual growth, adopt a natural foods diet, and enjoy good health throughout the midlife years and beyond.

### **About the Author**

For more than thirty years, *Gabriele Kushi, BFA, MEA*, has taught people from all over the world and all walks of life how to become healthier and more self-reliant by choosing natural foods and sustainable lifestyles. She has published numerous articles on healing with natural foods and has spoken about macrobiotics on radio talk shows. Gabriele, the founder and president of Kushi's Kitchen, is a certified macrobiotic holistic health consultant, personal chef, and cooking teacher. She is a member of the Macrobiotic Educators Association and serves on the advisory board of Earth Save International. Gabriele also holds a BFA in photography, and her fine art has been exhibited in Minnesota. She teaches in Germany and the United States. To learn more about Gabriele Kushi, visit her website at [www.kushiskitchen.com](http://www.kushiskitchen.com).

If you would like more information about *Embracing Menopause Naturally* or want to interview author Gabriele Kushi, please feel free to contact Anthony Pomes either by phone (516-535-2010 x 105), fax (516-535-2014), or email ([Sq1Marketing@aol.com](mailto:Sq1Marketing@aol.com)). Thank you.

### **BOOK SPECS:**

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