

Testimonials about the book

"Embracing Menopause Naturally" by Gabriele Kushi

"Gabriele makes a clear and valuable case for treating menopause the natural, macrobiotic way. The accompanying stories and easy recipes make this a welcome contribution to the literature about this very rich and often misunderstood time in a woman's life."

Bonnie Raitt, Musician/Activist

"Embracing Menopause Naturally is a beautiful, useful, and inspiring companion during the menopausal transition."

Christiane Northrup, MD, author of The Wisdom of Menopause (Bantam, 2001, 2010).

"This is the first book on menopause that includes a macrobiotic perspective. Not only that, but the stories in the book illustrate many conditions women may encounter during this change of life. The recipes are wonderful, and will be of help for every woman's next stage of womanhood."

Mayumi Nishimura (Madonna's personal macrobiotic chef), Author of Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul

"Gabriele Kushi has a unique ability to see and inspire health and beauty. Her wisdom and experience as a macrobiotic counselor, woven with the stories and images of many other women, make this book an invaluable companion on the journey through the change of life."

Nina Utne, Chair, Utne Magazine

"Women helping women is the wise Woman Way and the book you hold is one of the most beautiful expressions of this way I have seen. Open it; read these women's stories, look into their faces. You will see the Goddess in Her many guises. You will recognize yourself. Let yourself be guided by their wisdom -- and the wise words of Ms. Kushi - into that great mystery, that metamorphosis we call menopause. This book will gladden your heart, enrich your mind, and even fill you belly with powerful word nourishment. I recommend it highly."

Susun S. Weed, author of New Menopausal Years the Wise Woman Way.

"Approaching menopause from a macrobiotic perspective is brilliant! If the macrobiotic principles can cure some types of cancer, imagine how healing this will be for a natural life-cycle change such as menopause. I highly recommend Gabriele Kushi's book!"

Ann Louise Gittleman, Ph.D. NY Times bestselling author of Before the Change and the Fat Flush Plan.

"Gabriele has written a friendly, upbeat book on menopause and its natural

management. She also provides some very encouraging and inspiring stories of powerful women and how they have dealt with the change."

Annemarie Colbin, Ph.D., author of Food and Healing (Ballantine Books, 1996), Founder of The Natural Gourmet Institute for Health and Culinary Arts in NYC.

"The natural world around teaches us health and harmony if we but listen. Gabrielle's wonderful book helps us focus on these messages and use the healing of Mother Earth as we pass into Moon-Pause and the powerful Grandmother Lodge, a very special and powerful time for women. Her book is practical, informative, and inspiring. Read it, go into the experience with knowledge rather than misinformation, and enjoy this remarkable transition!"

Brooke Medicine Eagle, author of Buffalo Woman Comes Singing

"The portraits of the 21 women sharing their menopausal experience in Gabriele Kushi's new book, Embracing Menopause Naturally, provided an understanding, compassion and empathy for older women who up to that point had been closed to me. This shared wisdom is a treasure for me, and I hope for other men as well. I only wish that a book at some point might be written about a similar transition that men go through."

Cal Appleby- Recipient of the Virginia McKnight Binger Human Services Award - Meditation instructor in prisons and other places where people experience challenging life circumstances.

"I was reading your book last night, and it helped a lot. I'm 47 and "it's happening"... I had

a very nice cry reading what you wrote about stopping your own cycle as your daughter started her own. My daughter is 12, and hasn't begun, but it's likely that it's right around the corner for her. I cried in mourning of the loss of her carefree girlhood and the loss of my carefully cultivated "bombshell hood," as I transition into the role of mature woman. It's time."

Kim Balcos, Minnesota

I just wanted to tell you how much it helped to read other women's stories. Menopause is not the kind of thing you ever really think you're going through alone, but it's a huge gift to have the wisdom of so many women available to me all at once at 11:00 at night! So thanks, and blessings to you for the work you've done and the woman you are."

Rebecca Smith, author of Divine Connection without Distraction

"Ms. Kushi's book Embracing Menopause Naturally will be a welcome friend to any

woman going through her mid-life transformation. By partaking in the stories of other women, you learn that there are common elements that present themselves, but that Menopause is a unique and very personal time of change and growth. The factual information, recipes and general advice provide excellent companions on the journey."

Marie Olofsdotter Artist, Illustrator, Teaching Artist

"I thought your book was wonderful, I read it all right away. It was good timing for me to read it, as I am on that inevitable path. Your stories and the others were very inspirational." **Linda Redmond, Minnetonka**

"Congratulations. I really loved how you involved so many interesting people in the book. Well done". **Marjorie B. Herdes Co-President, Mobius**

"Gabriele's book "Embracing Menopause Naturally" is a great guide for any female, as the recipes and health tips will promote physical well-being, whether in preparation for menopause or to maintain one's health in later years. But what really touched me, were the "Stories & Portraits of Menopausal Women" woven throughout the book. I cried and laughed as they shared their sorrows and triumphs over the facts of life. I was encouraged by their honesty, strength, and perseverance. What a great sisterhood we have!"

Dottie Roseboom, Peoria, Illinois - Full-time human being