

## Women's Reading List

*Hormone Replacement Therapy: Yes or No*, Betty Kamen, Ph.D. Novato, CA; Nutrition Encounter, Inc., 1993.

*Without Estrogen*, Dee Ito. New York; Carol Southern Books, 1994.

*Transformation through Menopause*, Marian Van Eyk McCain. New York; Bergen & Garvey, 1991.

*Menopause*, Michael Murray, N.D. Rocklin, CA; Prima Publishing, 1994.

*Women's Bodies, Women's Wisdom*, Chris Northrup, M.D. New York; Bantam Books, 1994 (Audio tapes available from Sounds True, 800-333-9185).

*The Wisdom of Menopause : Creating Physical and Emotional Health and Healing During the Change.* Christiane Northrup M.D., Bantam Doubleday Dell Pub , 2001

*Menopause Naturally: Preparation for the Second Half of Life*, Sadjia Greenwood. Volcano Press, 1992.

*The Menopause Self Help Book*, Susan M. Lark, M.D. California; Celestial Arts, 1992.

*Menopause Without Medicine*, Linda Ojeda, Ph.D. Alameda, CA; Hunter House, 1992.

*The Silent Passage: Menopause*, Gail Sheehy. New York; Random House, 1992.

*Menopausal Years: The Wise Woman Way (An Alternative Approach for Women 30-90)*, Susan S. Weed. Woodstock, NY; Ash Tree Publishers, 1992.

*Menopause, A Second Spring*, Honora Lee Wolfe. Boulder CO; Blue Poppy Press, 1995.