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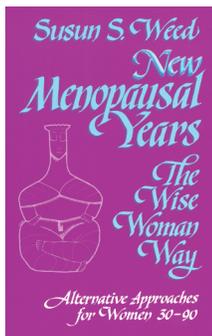
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New Menopausal Years: The Wise Woman Way

Susun S. Weed

\$12.95 QP, 1-888123-03-6, Ash Tree Publishing, 845/246-8081,

www.ashtreepublishing.com

Most booksellers probably have been stocking Susun S. Weed's *Menopausal Years* since it first appeared 10 years ago. Originally the third release in Weed's Wise Woman Healing Series, *Menopausal Years* became a valuable resource for millions of women, who responded to Weed's earthy wisdom. Now comes *New Menopausal Years: The Wise Woman Way*, an expanded, revised edition with 100 new pages and the same easily recognizable cover. The new material makes *New Menopausal Years* a vital update both for old readers of Weed and for those who newly discover her.

The book focuses on alternative remedies for women during their premenopausal, menopausal, and postmenopausal years. The various remedies are presented in six steps of healing, from the safest steps to the higher levels of riskier, more intrusive techniques. Earlier steps, for example, instruct to collect information and to nourish and tonify, while latter steps include utilizing supplements, drugs, and surgery. The remedies presented address everything from sleep disturbances and fibromyalgia to PMS (premenstrual syndrome) and the risk of broken bones from osteoporosis. Weed emphasizes homeopathic treatments, and indeed the book is worth owning as an herbal resource alone. Appendixes of vitamins and minerals for the menopausal years and recipes for tinctures and tonics are excellent sources of information backed by comprehensive references.

However, *New Menopausal Years* is not a dry, technical manual. Weed's spirit and spirituality infuse these pages, especially in her passages about the Crone, in which an old woman is sharing her life experiences directly with readers. "Let us gather what we need," the Crone says early on. "It is time to begin your journey into Change." Weed is a fine guide on this journey, and she has packed a wealth of herbal wisdom into this time-tested title. Reorder it yet again, or for those retailers new to Weed, get ready to sell some books!

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