

# [PDF] Mother-Daughter Wisdom: Understanding The Crucial Link Between Mothers, Daughters, And Health

Christiane Northrup M.D. - pdf download free book

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#### Books Details:

Title: Mother-Daughter Wisdom: Under  
Author: Christiane Northrup M.D.  
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#### Description:

It's a rare book that delivers so completely on such a broad promise. *Mother-Daughter Wisdom* is written to connect the dots between a number of separate parts: logical and emotional morality,

physical and mental health, friends and family, and in an overarching sense, the relationship between being a woman's daughter and raising a daughter of your own.

Because of the scope of information presented, it can be tricky to pick up the book and look for quick guidance on a particular topic such as adolescent weight issues or childhood asthma; more use, and more pleasure, will be found if you add it to your permanent reference shelf to look through in stages. Author Dr. Christiane Northrup (*Women's Bodies, Women's Wisdom*) seamlessly blends personal stories with clear research in a way that creates a compelling read from start to finish, even if the specific topic isn't necessarily one that concerns you. Information is a welcome mix of old school medical advice and new school nutrition and stress relief. In Northrup's world, whole foods and loving communication can play just as important roles as antibiotics.

The book is categorized somewhat loosely by age, beginning with pregnancy and labor, and continuing through infancy, childhood, adolescence and young adulthood. Each section is quite specifically tuned to relating to daughters: Mothers of sons will get some use out of sections on breastfeeding, vaccinations and the like, but emotional concerns and physical recommendations are tailor-made for women and girls, right down to the resource guide that ends the book. By itself, that resource guide is an excellent starting point for further reading, both online and in print. When added to the whole, it is just one more reason you'll reach for the book on a regular basis. --*Jill Lightner* --This text refers to an out of print or unavailable edition of this title.

**From Publishers Weekly** The author of the bestselling *The Wisdom of Menopause* and a certified ob/gyn takes a more expansive look at women's health and how the mother-daughter relationship affects it in this opinionated handbook-cum-memoir. Northrup's philosophy that "our bodies and our beliefs about them were formed in the soil of our mother's emotions, beliefs, and behaviors" may turn off some readers, while others may take issue with her comment that "some men fear either they or their wives are inferior if they cannot have a son." These theories aren't backed up as much by scientific evidence (although in the latter example, Northrup does cite a 1975 study) as by anecdotes from her life as a mother of two daughters and her experiences with her patients. The book's opening section ("the Foundation of Mother-Daughter Health," i.e., pregnancy) mixes obvious health tips (e.g., don't drink alcohol while pregnant) with more informative ones (e.g., take prenatal vitamins such as beta carotene and folic acid). Northrup seems more comfortable when she moves on to discussing how a mother can most effectively take care of her daughter's emotional and physical health from the ages of three months to 21 years old, and her best and most heartfelt advice is on dealing with teenage daughters. She suggests moms not become their daughters' social directors, and that they hold daughters accountable. Nuggets like these are certainly valuable; it's unfortunate that they're buried in such a massive and uneven outlay of information.

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