



Menopause Resources

- [Red School on Menopause](#)
- [Lisa Jack & Lara Briden : Hormone Repair Manual podcast](#)
 - Several other episodes on this topic in the archives are also great
- [Sherri Winston & Kimberly Johnson podcast](#) “Arousal @ Every Repro Stage”
- Rosemary Gladstar
 - Herbal healing for women
 - Self study course
- [Motherwort ~ my teacher's notes](#)
- Susun Weed
 - book [*Menopausal Years the Wise Woman Way*](#)
 - Blog [Healthy Menopause](#)
- The Wisdom of Menopause by Christiane Northrup

- [Hormone Repair Manual](#) ~ Lara Briden (her blog & other book are also stellar! Love her work)
- The Practicing Herbalist by Margie Flint ~ has great lube recipes specific to our hormone life phases / cycles
- Mysteries of the Dark Moon by Demetra George
- 7 Times A Woman by Dr. Lia Andrews (chinese medicine)
- Hysterectomy in the US ~ [National Women's Health Network](#)
- [Jane Hardwick Colling](#)
- Aging & Sexuality
 - [Dr. Ruth Does Desire Wane After 50?](#)
 - Go Ask Alice; [Aging Men & Sex Drive](#)
 - [When Are the Sexes at Their Sexual Peak?](#)
 - [Sex Drive? There's No Such Thing](#) Psychology Today
- Menopausal Sexual Role Models & Crone Magic Insp
 - [Annie Sprinkle](#)
 - [Pamela Madson](#)
 - [Betty Dodson](#)
 - [Evelin Dacker](#)
 - [Ingrid Kincaid](#)
 - [Jane Hardwicke Collings](#)
 - [Sheilia Kitzinger](#)
 - [Alexandra Pope](#)