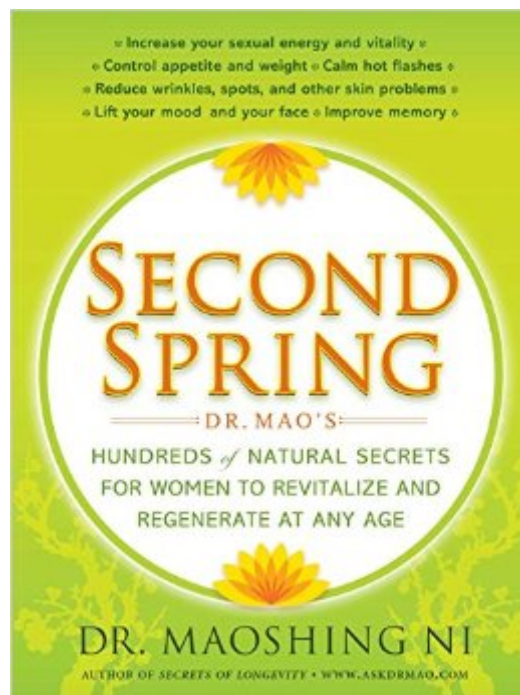


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Second Spring: Dr. Mao's Hundreds Of Natural Secrets For Women To Revitalize And Regenerate At Any Age



Synopsis

Bestselling author of *The Secrets of Longevity*, Chinese medicine expert Dr. Mao completely reenvisioned the mind-body changes of perimenopause and menopause for women age thirty-five and up, using completely natural treatments. The Chinese refer to a woman's midlife transition as her Second Spring. Thanks to the simple, natural techniques of traditional Chinese medicine, the second half of a woman's life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao's revolutionary *Second Spring* program gives you time-tested, completely natural treatments to enhance energy, sexuality, and health and initiate your own new season of vitality starting at age thirty-five, through premenopause, menopause, and beyond. Dr. Mao, Yahoo!'s favorite natural health expert and author of the bestselling *Secrets of Longevity* offers proven natural solutions such as a surgery-free face-lift, Chinese herbs that fight memory loss, traditional remedies that improve libido and sex, and foods that keep your specific body type in peak form (they're not the same for everyone!). His safe, natural practices, outlined in more than 200 tips, can eliminate the need for expensive medicines and artificial hormones. This amazing compendium of traditional wisdom is also enjoyable to read. With chapters on topics like weight, energy, brain power, beauty, and sexual health, *Second Spring* allows you to target your concerns right away. At the end you'll find handy, at-a-glance lists addressing women's most common ailments. *Second Spring*, inspired by Dr. Mao's own mother's remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong, and live happy in ways that you never thought possible.

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Customer Reviews

Do you ever look at the skin of oriental women and wonder how they remain so beautiful as they age? Dr. Mao shares their secrets of everlasting beauty with us in this wonderful book. He tells us how to possess increased sexual energy and vitality, control appetite and weight, calm hot flashes, reduce wrinkles and spots, lift our moods and our faces, strengthen our bones, and improve our memory. And best of all, he tells us how to achieve this without drugs, hormone replacement, or invasive surgery. One of my friends is on HRT (Hormone Replacement Therapy), which Dr. Mao tells us has been proven to increase our risk of breast cancer, heart disease, stroke, and blood clots after only four years. This friend is also at risk for breast cancer due to family history. Convincing her to stop this treatment is next to impossible. Her doctor recommended it; therefore she has to stay the course. Hopefully, the rest of us will not be as stubborn. Every medicine has a side effect. For years I took theophylline for asthma, until I developed pre-hypertension and read about its major side effect . . . hypertension. I quit taking theophylline, changed doctors, and have only wheezed a couple times in eight years when afflicted with a cold. We can make huge improvements in our health and beauty simply through lifestyle changes, diet, and mental outlook. Dr. Mao tells us step by step how to make these changes. Have a skin disorder? Here's an interesting Dr. Mao cure: Sun therapy can be used to treat acne, eczema, and psoriasis. By exposing the skin to 20 minutes of sun (15 minutes for the face) before 10 am and after 3 pm, we can see results in two to four weeks. Over 35 and female? This book's for you. Buy it, read it, apply it, and you will begin to see improvements to your physical and inner beauty in a few short weeks. Lynette Fleming, Coauthor of *Lunch Buddies: Buddy Up for a Better Diet*

Normally I make my husband, Steve, read books like this. Doesn't that sound horrible? Most of these types of books are tedious and I do want to live a healthier life. Since Steve does so well with mindless facts, I have him summarized the books and tell me what I need to do. *SECOND SPRING* is nothing like that. The format or layout reminds me of those cool daily medication books. Each topic is only a page and in some cases, a page and a half long. Not only is it quickly and easy, but the information is interesting. I found myself able to retain the information also. Although the book can be used for women of all ages, it does target the menopausal women and older. The book was inspired by the author's mother as he watched her going through her middle years. The book's techniques are to help women experiencing low energy and that menopausal brain fog. Dr. Mao's

simple program uses natural techniques from traditional Chinese medicine to enhance not only energy, but health and sexuality.

The layout of information in this book is well-organized and simple to follow. There is often a topic at the top of the page and a page or less or slightly more on one subject for midlife women. A person who has already read quite a few books by Western MD's and nutritionists and health experts of other stripes are likely to find some unique or unusual ideas here, although some of those might be mentioned in other Eastern medicine books. The doctor understands and expresses well some of the pressures and constraints modern women in the West (and obviously some in the East) are undergoing by midlife--a tonic for many women who feel not-so-well understood by patriarchal cultures and husbands and boyfriends. The idea that women are more understanding of others and nurturant than men seems to ignore the wide variety of women and how their personal psychodynamics influences whether or not that is true just as it does for men. But beyond that, the pressures on modern women mentioned ring true. The five elements in Chinese medicine (Earth, Metal, Fire, Water, Wood) are briefly presented along with dietary advice for each. I find the information on head shapes as to type conflicts with the same information in specific other books presenting Chinese medicine and face shapes by another author. Some of that and other dietary advice in this 2009 publication seems to have been proven either questionable or wrong by some subsequent good research. The same goes for advice about supplements. Those concerns aside, however, the book is interesting to read and some of the information seems quite useful.

Good perspective on a different approach for the aging woman. Categorized and every page offers a new idea. Quick and easy to read. Effective and recommended.

I had previously purchased "Secrets of Longevity: Hundreds of Ways to Live to Be 100" and loved it, so I knew the basic format of Maoshing Ni's books. Like "Secrets of Longevity", "Second Spring" is jam-packed with natural health info that is difficult to fully digest in one go. It is a book to be read and reread, highlighting the text that is most relevant to you at that moment in time. However, rather than reading like a dense medical encyclopedia, most recommendations are presented simply, on one page. I personally think it is also makes relaxing bedtime reading. My opinion of this book gets better and better over time. As women's bodies are in constant flux at this important stage in life, I keep going back to it periodically, as certain passages take on new meaning (or urgency). Each time I read it, I notice different things and decide to incorporate new elements into my

routine. Potential readers should not worry if they are not an adept of Oriental medicine. I have seen Maoshing Ni's information posts on the Dr. Oz website, so Dr. Oz fans would also find much to appreciate in this book.

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