

Mastering Menopause

Your Blueprint For a Healthy Midlife Journey



Module 6:

Caring For Your-Self
Using Lifestyle Medicine



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Dr. Christiane Siebert, DACM, LAc

is a board-certified doctor of Chinese medicine, a licensed acupuncturist and clinical herbalist in New York and New Jersey, a licensed naturopathic physician in Germany, and a certified clinical homeopathic practitioner.

Dr. Siebert founded Serenity Health Arts, a center for integrative holistic medicine in New York, in 2007. She focuses on women's health and the menopause.

While pursuing her doctorate at Pacific College, she had the opportunity to study with some of the most experienced natural women's health specialists in this country and decided to follow in their footsteps. She found that many women want to learn more about menopause and how to take good care of themselves, yet they often don't receive advice and guidance to understand that this life transition is a natural process that benefits from an integrative approach.

In our modern world, we often live a very unbalanced, stressful life that can impact our health and especially throw off our hormones. Creating optimum health with natural medicine can help restore hormonal balance naturally so that you can have a comfortable menopause and build optimum health for the years beyond.

Dr. Siebert can help you find balance, promote healthy gut functioning, support your stress response, and improve your energy, sleep and emotions. She does all this using only natural healing strategies that are low-risk and boost your vitality. The best time to start is now, in your early forties, or any time you want to focus on excellent self-care. Menopausal hormone therapy may, or may not, be the right approach for you, but it's not your only option to pursue health and wellbeing in midlife.

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