

Mastering Menopause

Your Blueprint For a Healthy Midlife Journey



Suggested Reading



© 2026 Christiane Siebert. All rights reserved. This document is protected by copyright. No part of it may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, or otherwise, without the prior written permission of the author/publisher.

The information contained in this document is solely for educational purposes. It is not intended as a substitute for the advice provided by your physician or other healthcare professional. Do not use this information for diagnosing or treating any health condition. Always speak with your physician or other health care professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health condition. If you have, or suspect that you have, a medical issue, contact your health care provider promptly. Do not disregard professional medical advice, or delay seeking professional advice, because of something you have read in this document. Information provided in this document does not create a doctor-patient relationship between you and the author or publisher. Information and statements regarding herbal or dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

Suggested Reading

"The Great Menopause Myth" by Kristin Johnson and Maria Claps

"The Menopause Brain" by Lisa Mosconi

"Hormone Repair Manual" by Lara Briden

"Medicinal Herbs, A Beginner's Guide" by Rosemary Gladstar

"7 Times a Woman" by Lia Andrews

"Cooking for Hormone Balance" by Magdalena Wszelaki

"Mindfulness for Beginners" by Jon Kabat-Zinn

"Mindful Menopause" by Sophie Fletcher

"Menopause Yoga and Wellbeing" by Petra Coveney

Mimi Kuo Deemer / Qi Gong

<https://www.mkdeemer.com>

<https://www.youtube.com/@MimiKuoDeemer>



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.

SERENITY HEALTH ARTS

A Center for Integrative Holistic Medicine

SerenityHealthArts.com

Apply@SerenityHealthArts.com

Telephone (646) 571-0590

280 Madison Avenue at 40th Street

New York, New York 10016