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We are familiar with its symptoms#58; hot flashes, night sweats, and more. While menopause triggers physical changes, it also brings forth spiritual issues that, for many women, mark a redefinition of the feminine self. To address the impact of menopause, Gabriele Kushi has created a...

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Menopause triggers physical changes and emotional and spiritual issues that call for a redefinition of the feminine self. Gabriele Kushi's book Embracing Menopause Naturally offers insight for this passage through courageous stories and stunning images of women from different cultural backgrounds.

~~Menopause Naturally - Susan Reed Interviews Gabriele Kushi~~

The Pepper & Wits tag-line "take control of your menopause symptoms, take control of your life," encompasses the brand's aim to help women navigate the changes that take place during menopause. The Complete Menopause Care Kit claims to help tackle ten common symptoms including vaginal dryness, disrupted sleep, mood swings, and more with a mix of lotions and supplements.

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