

The Herbal Menopause Herbs Nutrition And Other Natural Therapies

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Before the Change - Ann Louise Gittleman 2003-12-23

From renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated guide to taking charge of your perimenopause. Filled with the latest research as well as practical tips and menus, Gittleman also incorporates timely information, especially pertaining to Hormone Replacement Therapy. Learn How You Can head off Depression and Mood Swings, Weight Shifts, Erratic Sleep, Memory Loss, and Other Changes Leading to Menopause. Take charge of your perimenopause simply, safely, and naturally! This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself. By following the author's proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through this vital phase of your life. With this essential do-it-yourself program, you can say good-bye to hormone havoc and sail through your perimenopause, the period of about ten years leading up to menopause, by understanding and controlling its symptoms. Before the Change. .clearly explains the symptoms of perimenopause and offers a self-diagnosis quiz; .details safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs and natural hormones.gives you a powerful Changing Diet, with tips and recipes for foods that prevent and alleviate symptoms

Dr. Earl Mindell's Natural Remedies for 150 Ailments - Earl Mindell 2005-01-01

Now updated and expanded, this valuable book teaches readers to stop turning to potentially harmful prescription and over-the-counter medicines to ease whatever ails them-and to turn instead to Mother Nature for safe, natural, and effective remedies to relieve troublesome health conditions. World-renowned health expert Dr. Earl Mindell shows readers how to use nutritional and herbal supplements to treat common ailments, both large and small. As readers listen to his commonsense advice and preventive strategies, they will soon discover that the symptoms that have been plaguing them are fading. Not only will they feel better physically, but they'll also rest well knowing that they arrived there naturally with nonprescription alternatives.Dr. Earl Mindell's Natural Remedies for 150 Ailments features the doctor's favorite time-tested recipes for the treatment of various disorders, including:

AllergiesArthritisPainBackachesColds and

FluDandruffDepressionDiabetesFatigueFibromyalgiaHeartburnInsomniaJet LagMemory

LossNauseaPMSPsoriasis and EczemaSprains and StrainsVertigoWeight LossYeast InfectionsReaders will find themselves turning to this book time after time to learn what they can do to live a healthy and pain-free life like Mother Nature intended.

Manage Your Menopause Naturally - Maryon Stewart 2020

Find Yourself Again with a Natural Approach to a Natural Transition Menopause is too often treated as a problem to be solved or an illness to be cured, not the natural process it is. World-renowned healthcare expert Maryon Stewart outlines her wonderfully comprehensive and practical Six-Week Natural Menopause Solution with steps that women can take to feel better right away. Detailed questionnaires help you assess which areas of your life most need addressing — from brain fogginess and mood swings to painful sex, weight gain, and complexion issues. Maryon then shows you exactly what to do, nutritionally and in other areas of your life, to overcome symptoms. The powerful results of Maryon's program don't end after six weeks; instead, they point the way toward not just a good life, but a life that's better than ever.

Phytoestrogens and Health - G. Sarwar Gilani 2002-06-30

The Natural Menopause Handbook - Amanda McQuade Crawford 2009-07-21

The Natural Menopause Handbook bases its healing advice on the belief that menopause is a natural process-one that does not necessarily require medication. This revised edition focuses on herbs, nutrition, and other natural health approaches such as exercise, aromatherapy, and visualization to offer a holistic plan for wellness during perimenopause (the time leading up to and including menopause) and the postmenopausal years. Experienced medical herbalist and author Amanda McQuade Crawford examines both the age-old wisdom of nature and new research on natural therapies to address a wide range of menopausal symptoms and bodily issues. This comprehensive handbook features an extensive collection of healing remedies, such as "Tea for Restorative Sleep," "Ten-Minute Visualization," and "Elixir for Healthy Joints," as well as appendices on making your own custom herbal formula and creating an herbal home medicine chest. In clear, supportive language, McQuade Crawford explains the nature and physiology of the most common health concerns and provides more than fifty herbal therapies to ease all stages of this natural transition in every woman's life.

Good for You - Mary Ann Mayo 2003

You are competent and powerful, and YES, you do have choices!"This book is destined to become 'the' book on menopause. It provides the latest scientific information to empower women to cut through the confusion and make informed choices about nutrition, herbs, supplements and hormone replacement therapy. If you are entering or are already in menopause, this book is absolutely Good for You!"Joel M. Evans, M.D.Founder and Director, The Center for Women's Health, Darien, CTAssistant Clinical Professor of OB/GYN, Albert Einstein College of MedicineHealthy living is exciting and self-motivating!You can become a critical thinker when it comes to your health, your hormones and your happiness. By 2015 half of American women will be menopausal. To give you a better image of yourself, Mary Ann Mayo holds up a new mirror and asks questions like: Was HRT ever really necessary?? What have you been telling yourself about exercise?? What is your baseline?? How do your finances and insurance affect your view of health?? If you could make one small step toward a healthier life, what would it be? No one wants to age, but it happens anyway. Be prepared...naturally!

Herbs and Nutrients for the Mind - Chris D. Meletis 2004

Two naturopaths introduce the potential power of herbs and nutrients to enhance health, prevent disorders, and affect existing health disorders.

Cycles of Life - Ellen Kamhi 2001

Demonstrates the use of herbs in a natural self-care program and presents a range of natural herbal remedies and supplements specifically designed for each stage in a woman's life, from puberty through menopause.

Hormone Intelligence - Aviva Romm, M.D. 2021-06-08

INSTANT NEW YORK TIMES BESTSELLER • WALL STREET JOURNAL BESTSELLER • #1 GLOBE AND MAIL BESTSELLER • USA TODAY BESTSELLER You are not broken. Being a woman is not a diagnosis. Take your body back with the groundbreaking new science for women in Hormone Intelligence. Hormonal.

We all know what it means when we hear it – and feel it. While hormonal shifts are natural throughout women’s lives, too many experience distressing period symptoms, struggle daily with PCOS, endometriosis, a fertility challenge, pain, low sex drive, sleep problems, acne, bloating, hot flashes, and more – all due to hormone-related problems. And too many are unable to get the answers they’re really seeking from their doctors. There is a solution. In *Hormone Intelligence*, Yale trained and internationally renowned women’s health expert, Dr. Aviva Romm, helps you identify the root causes of your symptoms and guides you through a 6-week proven program to achieve lifelong hormonal and gynecologic health. Using a holistic, dietary and lifestyle changing approach, *Hormone Intelligence* goes beyond treating symptoms to the deeper factors impacting women’s health, so you can reclaim your body, hormones, and self. Inside *Hormone Intelligence*, you’ll find:

- *Hormone Health 101*: Understand the key components of the hormone epidemic and associated dietary and lifestyle triggers.
- *Symptoms and Root Causes Demystified*: Discover what your symptoms are saying about your hormones with quizzes, checklists, trackers, and more.
- *A 6-Week Action Plan*: Learn what foods you should indulge and avoid, how to repair your microbiome to support hormone health, how to identify environmental hormone disruptors, engage your body’s natural detoxification systems and reduce hidden inflammation, and the lifestyle changes that lead to happy, healthy hormones.
- *Delicious, done-for-you meal plans* to take you through the entire program, including vegan options.

Hormone Intelligence is an invitation to a whole new relationship with your body and hormones, the exhale you’ve been waiting for, and the first step on the road to realizing that a diagnosis does not have to be your destiny. Extended references, a complete index, and additional resources for *Hormone Intelligence* can be found at the author’s website.

[Menopause the Natural Way](#) - Dr Molly Siple, RD 2001-01-25

Make menopause a change for the better! Are you entering menopause? Would you like to be prepared for it when it arrives? Whether the change of life is upon you or years away, now is the best time to find out all you can about this natural life process. The more you know, the better you can take care of yourself. And the healthier you are, the easier your menopause is likely to be. Written by two authorities in complementary medicine and women's health issues, *Menopause the Natural Way* is a compassionate guide that combines mainstream and alternative medical approaches into a simple, six-step program that helps you create a healthy and empowering passage through menopause. You'll learn about:

- * Using a journal as a valuable tool for managing your menopause
- * Nutrition and menopause-foods and vitamins for your body's changing needs
- * Using herbs to balance your body and to treat and reverse symptoms
- * Pleasurable exercises proven to reduce menopause symptoms and promote health-from yoga and tai chi to aerobic and weight-bearing routines
- * Managing stress known to trigger menopause symptoms
- * Rebalancing your hormones through natural and medical hormone therapy

Uniquely created from a woman's perspective, *Menopause the Natural Way* offers you a supportive, natural, noninvasive way to manage your menopause while feeling great.

Herbal Remedies for Women - Amanda McQuade Crawford 2011-02-02

More Women Choosing Herbal Alternatives Now, more than ever before, women are taking control of their own health and vitality by choosing herbal remedies as an alternative to traditional medicine. Because every year there are new research findings that women and their health providers need to know about, author Amanda McQuade Crawford, M.N.I.M.H, has used her clinical expertise to develop *Herbal Remedies for Women*. “[Amanda] is not afraid to speak the truth about women’s health issues and how herbs can help,” said Deb Soule, author of *The Roots of Healing: A Woman’s Book of Herbs*. “Her words of wisdom and capacity for caring are a gift to women everywhere.” Herbal medicine is, in fact, fast becoming the alternative medicine of choice. Included in Crawford’s book is a broad spectrum of herbal remedies for various ailments such as chasteberry seed for fibroids as well as dandelion root and leaf for endometriosis. Also included is an herbal glossary and information on herbal preparation which corrects many herbal myths. Organized into six sections, *Herbal Remedies for Women* is designed to offer readers natural and effective therapies for an array of women’s issues including:

- *Problem of Menses*
- *Healthy Reproduction*
- *Infections*
- *The Change of Life*

Crawford also divides each chapter into subheads which cover: definition of the syndrome, symptoms and signs, cause, conventional medical care, herbal treatment, and nutrition. Whether or not they have previous experience with herbal medicine, *Herbal Remedies for Women* provides

readers with simple but effective remedies for self-healing.

[Dr. Earl Mindell's Russian Energy Secret](#) - Earl Mindell 2002-03

How to use herbs on a daily basis to prevent disease, enhance health and well-being, increase one's ability to cope with stress, and slow down the aging process.

[Natural Solutions to Menopause](#) - Marilyn Glenville 2011-03-18

This complete guide to menopause offers effective advice on diet, exercise and lifestyle to keep you in optimum health before, during and after this change in your life. With entirely natural solutions, free from the side effects that are common to hormone replacement drug therapies, this sensitive and informative guide includes:

- *A 12-Step Hormone Balancing Diet* - Relief from symptoms such as hot flashes, night sweats and weight gain
- *The truth about HRT*, to help you make an informed decision if you consider it
- *How to prevent health problems* such as osteoporosis and heart disease
- *Simple steps to good energy levels, body fitness and a fulfilling sex life* beyond the menopause

Understand what your body needs and you can prepare yourself for the menopause, successfully manage your symptoms and enjoy the best possible health beyond it.

[Menopause Manager, The](#) - Mary Ann Mayo 2000-09

A woman's guide to surviving menopause shows women how to manage this difficult transition, covering medical options, psychological health, risk factors, and much more. Original.

[Maternity Nursing - E-Book](#) - Gloria Leifer 2013-12-27

From prenatal through postpartum care, Gloria Leifer's *Maternity Nursing: An Introductory Text* provides an essential foundation for promoting the health and wellness of mothers and newborns. This edition includes the latest advances and practice standards in maternity nursing care, highlighting Healthy People 2020 and the 2011 Joint Commission National Patient Safety Goals. Part of the popular LPN Threads series, this text addresses the knowledge, skills, and scope of practice appropriate for LPN/LVN and LPN/LVN-to-ADN ladder programs. Chronological organization of content follows a sequence from family issues, fetal development, pregnancy, labor, birth, and care of the newborn, to postpartum issues with special social, familial, and cultural considerations. Organization of concepts in each chapter by simple to complex and from health to illness makes it easier to locate and understand the material. Complete, concise coverage includes a table of physiologic and psychosocial changes throughout the pregnancy, unique content on CPR for the pregnant patient and infectious diseases acquired during pregnancy, a pictorial story of a vaginal birth, cultural considerations of pregnancy and maternal care, and nursing responses to loss, death, and grief. UNIQUE! A FREE Study Guide in the back of the book reinforces understanding with multiple-choice, fill-in-the-blank, scenario-based clinical situation questions, and online activities. Nursing Care Plans with critical thinking questions help in understanding how a care plan is developed, how to evaluate care of a patient, and how to apply your knowledge to clinical scenarios. Health Promotion boxes and content focus on family-centered care, health promotion, illness prevention, and women's health issues. Clinical Pathways use an interdisciplinary, collaborative-care approach in tracking interventions along a timeline from assessment to discharge and follow up. Online resources for further research and study are included at the end of each chapter. UNIQUE! LPN Threads make learning easier, featuring a 10th-grade reading level, key terms with phonetic pronunciations and text page references, chapter objectives, special features boxes, and full-color art, photographs, and design.

[The Ultimate Nutrition Guide for Women](#) - Leslie Beck 2003-04

Natural ways to improve your nutritional health When it comes to health and nutrition, women have unique needs; they experience more health problems and visit the doctor more often than men. Women are also at particular risk for major nutrition-related health conditions, including heart disease and breast cancer. Now, leading nutritionist Leslie Beck presents a comprehensive, complete guide to women's nutritional health care, backed by the latest scientific research. *The Ultimate Nutrition Guide for Women* is written for all women-whether you want to stay well and lower your chances of disease or learn to manage your specific health condition through diet and supplements. This book looks closely at how to manage the various health concerns of women-from migraines and anemia to polycystic ovary syndrome, fibro-myalgia, and urinary tract infections-with safe, natural methods. Beck outlines the symptoms, risk factors, and treatments or prevention strategies for the most common health conditions, then offers recommended

dietary solutions, vitamin and mineral supplements, and herbal remedies. She explains how food affects your weight, energy levels, and the health of your body—and provides practical choices that will help women of all ages lay a foundation for better nutrition habits and long-lasting health. Topics include: Breastfeeding Cervical dysplasia Chronic Fatigue Syndrome Depression Eating disorders Endometriosis Fibrocystic breast conditions Food sensitivities High cholesterol Hypoglycemia Infertility Insomnia Migraines Osteoporosis Perimenopause Pregnancy Thyroid disease Weight control

The Women's Guide to Herbal Medicine - Carol Rogers 1995

Discover Your Menopause Type - Joseph Collins 2002-03-26

Take Charge of Your Menopause! This groundbreaking book—the first to reveal 12 distinct menopause types and how best to treat each—gives you the information you need to take charge of this challenging and sensitive life stage. Inside, Dr. Joseph Collins demolishes the "one size fits all" philosophy of menopause treatment, revealing that there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. Inside, you'll discover: ·Natural & Conventional treatments that are best for you ·Necessary nutrients for a healthy menopause ·How to weigh the risks and benefits of Hormone-replacement therapy ·And much, much more "At last, a well-referenced resource on the advantages of natural versus synthetic hormone-replacement therapy." —Dana Reed-Kane, Pharm.D., F.A.C.A., F.I.A.C.P. "Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause." —Luana Stone, menopause patient

Women, Hormones and the Menstrual Cycle - Ruth Trickey 2004-04

This revised second edition gives a comprehensive and practical explanation of menstrual problems and their treatment, from adolescence to menopause. Trickey gives a range of options for each complaint, including orthodox medicines, surgery and natural therapies.

Managing Menopause with Diet, Vitamins and Herbs - Leslie Beck 2000

Natural remedies for managing menopause.

The Herbal Menopause Book - Amanda McQuade Crawford 1996

Suggests natural remedies for the symptoms of menopause, including depression, fibroids, hot flashes, irregular cycles, osteoporosis, and dysmenorrhea

The Complete Idiot's Guide to Menopause - Deb Baker 2000-10-12

This guide, for women in their late thirties to late fifties, is meant to demystify the menopause condition, symptoms, remedies, side effects, and emotional impact. The information about remedies includes both traditional and alternative treatments. The author stresses the benefits of good nutrition and fitness.

[Herbs for Women's Health](#) - Mary Bove 1997-01-01

Offers herbal therapies for women that will ease menstrual cramps, menopause, urinary tract infections, and PMS

Natural Therapies for Overcoming Opioid Dependency - Catherine Browne 2018-11-13

With opioid dependency at epidemic levels, Catherine Browne, a doctor of acupuncture and Oriental medicine, provides an accessible and practical guide to the effective use of natural therapies in helping people wean off opioids, manage withdrawal symptoms, and address pain without opioids. Drawing on her extensive clinical experience, Dr. Browne explains how Chinese medicine, acupuncture and acupressure, herbs, essential oils, nutritional supplements, meditation, and exercise can be used to address addiction and restore the body to optimal functioning. Individuals and families who are struggling with addiction, as well as medical practitioners and holistic healthcare professionals, will find help and encouragement in Dr. Browne's detailed protocols and advice for integrating natural therapies with traditional medical treatment.

What to Eat When - Michael Roizen 2018-12-31

NY Times best-selling author Dr. Michael Roizen reveals how the food choices you make each day—and when you make them—can affect your health, your energy, your sex life, your waistline, your attitude, and the way you age. What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym?

This revolutionary guide reveals how to use food to enhance our personal and professional lives—and increase longevity to boot. What to Eat When is not a diet book. Instead, acclaimed internist Michael Roizen and preventive medicine specialist Michael Crupain offer readers choices that benefit them the most—whether it's meals to help them look and feel younger or snacks that prevent diseases—based on the science that governs them.

Menopause - Jill Wright 2001

The Herbal Health series examines herbal medicine as an alternative to modern drugs. This volume looks at the menopause and its effects, herbal treatment, orthodox treatment, and nutrition for a healthy menopause. There is an explanation of the female reproductive system and how to take herbs, as well as case histories and a directory of useful herbs.

The Bible Cure for Menopause - Don Colbert 2000

Have you arrived at "the change of life" yet? 6836

[Natural Menopause](#) - 2021-03-02

Understand menopause with all its changes and challenges, and choose practices and treatments to make this next stage in your wellness journey healthy, positive, and joyful. Your menopause is unique to you—a milestone on your personal well-being journey. A lucky few will breeze through it, but for most women this time of hormonal upheaval brings up a variety of challenging symptoms. This ebook is for you if you want to understand menopause better and find the right combination of resources for you—enabling you to stay physically, mentally, and spiritually well throughout the process. Find out how to adapt your existing wellness practices and build in new ones to smooth the path of your menopause: adopt yoga poses to calm hot flashes or help you sleep; use essential oils to balance hormones and lift mood; enjoy foods that boost energy and sharpen focus; discover the best exercises for strong bones and a healthy heart; meditate and use CBT to relieve anxiety; find out how Ayurveda can help you maintain thick hair and supple skin; enjoy aromatherapy massage to clear mind-fog or soothe joint pain. Discover how to attend to your specific needs in a mindful, positive way, either alongside or without prescription medication. Your go-to e-guide to helping yourself make the transition an energizing, liberating experience, *Natural Menopause* helps you take charge and embrace the change.

Female Reproductive System & Herbal Healing vs. Prescription Drugs and their Side Effects - Chela Ram Bathija, MH, RH (AHG) 2014

This is a comprehensive guide to the female reproductive system with Ayurvedic and Western herbalism. The ailments of female genitalia and herbal cures focus mainly on three age ranges (adolescent, childbearing and menopausal). Readers will easily adopt and learn about the genital ailments by reading the introductory outlines and will choose the treatment options that best fit their needs. Several of the approximately nine hundred female cases consulted during the author's herbal practice, are presented in this book as an example. Herbal treatments and prescription drugs are outlined in this book. It also includes cures with Ayurvedic and Western herbalism, and many testimonials are described in detail.

The Complete Woman's Herbal - Anne McIntyre 1994

More and more women are discovering herbal medicine as a natural and effective treatment for everyday health problems. This book provides guidance for every woman on the care of herself and her family. Different herbs and their uses described, including 20 whole-page profiles. It provides a reference to diet and nutrition, essential oils, Bach flower remedies and a chart for matching herbs with ailments. Treat the underlying cause, as well as the symptoms of an ailment, and encourages the recognition and understanding of the body-mind relationship. The menopause and the later years. It describes herbal treatments that heal and relieve mental and physical problems associated with the natural cycle of hormone levels in women. Treatments that alleviate gynaecological problems to first aid for everyday accidents. A wide range of other uses for the herbs presented include tips on beauty care and a range of housekeeping ideas. Anne McIntyre is the author of *Herbs for Common Ailments* and *Folk Remedies for Common Ailments*.

Menopause and Estrogen - Ellen Hodgson Brown 1996

Offers alternatives to estrogen replacement therapy, including herbs, homeopathic treatments, diet, and exercise

No Hormones, No Fear - Trisha Posner 2007-12-18

Five years ago, at the age of forty-six, Trisha Posner was surprised to learn from a blood test that she was in full-blown menopause. Her gynecologist urged her to begin hormones immediately, but, mindful of her family's history of breast cancer, she refused. *No Hormones, No Fear* is the story of Posner's search for an alternative to the AMA's sanctioned regimen of hormone replacement therapy. In a wonderfully engaging personal account, she reveals how she mastered menopause naturally, by developing a unique program involving exercise, diet, nutrition, and herbs. She not only successfully alleviated her symptoms but actually significantly improved her health and quality of life. Now updated with the latest major medical studies, which raise troubling questions about estrogen replacement for millions of women, *No Hormones, No Fear* is an indispensable primer for women confronting the thicket of conflicting information about whether or not to choose hormones during menopause. Trisha Posner, through her own inspiring story, shows that today's modern women finally have choices and can empower themselves by taking control of their health and lives.

Herbal Medicine in Treating Gynaecological Conditions - Hananja Brice-Ytsma 2020-01-30

For herbalists at all levels, this book presents recent insights into the hormonal basis of gynaecological problems in order to enable practitioners to devise effective treatment plans and explain them clearly to their patients. Female hormones are comprehensively explained - from the metabolism and role of oestrogen in health and disease to the role of progesterone and herbal influences on its production. General principles of herbal treatment are based on the interaction of the digestive, circulatory, endocrine, and nervous systems to support health and recovery from disease. These principles are applied to treatment and case management of gynaecological problems, with detailed examinations of PMS and menopause. Specific herbs used in gynaecological treatment are categorised by their constituents and actions.

The Herbal Encyclopedia - Lisa R. Waltz 2004

The Herbal Encyclopedia: A Practical Guide to the Many Uses of Herbs is a valuable resource for those seeking more than the usual aspects of learning about our planet's valuable medicinal herbs. Besides medicinal information, included is also information regarding the spiritual uses, and growing information for those who wish to grow their own natural medicines. Compiled by a nationally certified Naturopathic Doctor, this guide is a valuable addition to any reference library. Want to learn how to feed your body naturally? Want to learn how to grow your own medicinal herbs? Want to learn ways to incorporate herbs into your worship? Want to learn how to get healthy and stay that way? Then this book is for you!

The Complete Home Guide to Herbs, Natural Healing, and Nutrition - Jill Davies 2013-02-20

Echinacea and ginkgo biloba are well-known herbal remedies for common ailments such as colds and memory loss. But the vast majority of herbal aids are underused as treatments or preventatives for everything from insomnia to arthritis to heart disease. In *THE COMPLETE HOME GUIDE TO HERBS, NATURAL HEALTH, AND NUTRITION*, herbal practitioner Jill Rosemary Davies explains how to promote

good health by understanding the body and how it is affected by a wide range of healing plants. She teaches you how to use herbs as potent tools for natural healing as well as how to combine them with nutrition and exercise for a healthy lifestyle. Additionally, you'll find: Sections on cleansings, immunity, life stages, and body systems; a complete A to Z of diseases and treatments; and a section on first aid. Instructions for making your own herbal teas, decoctions, tinctures, ointments, oils, and more. And because the herbs used in this book are widely available in health food stores, drug stores, and grocery stores-some you'll even find growing in your own backyard-incorporating a greater range of beneficial herbs into your life will be all the more simple. Open the book to any page and you'll feel like you've stumbled upon Mother Nature's best-kept secrets.

Menopause - Lorilee Schoenbeck 2002

Accompanied by worksheets, a glossary of terms, and detailed lists of health and provider organizations, a groundbreaking guide explores a wealth of treatment options for menopause, covering such topics as herbal therapies, hormones, natural remedies, sexuality, and much more. Original. 15,000 first printing.

Natural Choices for Menopause - Marilyn Glenville 1999-04-15

A guide to natural alternatives to hormone replacement therapy in treating and preventing the effects of menopause ranges from herbs and other holistic therapies to changes in diet and exercise regimes. Reprint. *A Woman's Best Medicine for Menopause* - Nancy Lonsdorf 2002

A respected Western physician offers the first complete Ayurvedic approach to a healthy and comfortable menopause "A Woman's Best Medicine for Menopause is the first menopause guide based on the Ayurvedic approach to good health, recently popularized in the West by Depak Chopra. In it, Dr. Lonsdorf-who is both a Western-trained physician and a leading voice in Ayurveda approaches to women's health-acquaints you with the basic principles of Ayurvedic medicine. She provides quizzes and checklists that help you to determine which risk factors you should be most concerned about and for understanding why you are experiencing specific symptoms. Dr. Lonsdorf shows you how to develop comprehensive personalized programs based on differing risk factors and symptoms. She even describes proven natural methods developed and refined by women over the course of 3,000 years to keep looking beautiful. Includes a foreword by Dr. Rama Kant Mishra.

Back to Eden - Jethro Kloss 2011-10-01

"...set[s] forth his method of natural self healing based on herbs, a diet that used no meat, dairy products, or eggs, and a life in harmony with the laws of health and nature. He opposed the use of sugar, spices, pepper, mustard, vinegar, and fermented foods. He recommended the use of soymilk in numerous healing diets and considered it far better than cow's milk. " -- www.SoyinfoCenter.com.

Guide to Better Woman S Health After Menopause - M. Kumar 2002-09

In This Book, The Authors Have Brought Out The Answers To Various Problems/Ailments, Which Can Afflict A Woman At Menopausal Age.