

Menopause Naturally Keats Good Health Guides

The most authoritative book available on uterine fibroids that covers traditional, surgical, and alternative therapies and provides key information necessary to determine the best choices.

Hundreds of safe, natural, prescription-free remedies to restore your health and energy.

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.

Effective solutions for problems that affect millions.

An important resource for information on health and nutrition contains programs for such areas as pain-relief, anti-aging techniques, and more, with techniques using natural remedies and vitamins. Original.

The Health Detective's 456 Most Powerful Healing Secrets There's a tug-of-war going on, and your health is at risk. Business interests are pulling on one end and science is tugging at the other. Veteran nutritionist and health writer Nan Kathryn Fuchs knows how confusing and frustrating this is. She knows that it takes time to sift through current information and separate hype from the real deal. Aware that very few people actually have the time to read technical scientific studies and to question researchers and doctors to better understand the validity of their conclusions, this "health detective" has done it for you. There are truly miraculous substances and diagnostic tools out there that can help improve how you look, how you feel, and even how long and how well you live. Dr. Fuchs has uncovered hundreds of these health secrets over nearly a dozen years of writing for Women's Health Letter. In The Health Detective's 456 Most Powerful Healing Secrets, Dr. Fuchs has gathered the most relevant healing secrets she's come across in her years of detective work. From fighting diseases, reversing chronic illness, and ending stomach problems to losing weight, looking younger, relieving fatigue, controlling pain, and much more, Dr. Fuchs reveals the natural and safe ways to go about it. This book makes these healing secrets easy to use and accessible to any woman in search of better, or continued, health.

Important information, natural alternatives.

The author describes her natural passage through menopause, forgoing hormone replacement therapy while still taking action to ease the transition, using a combination of weightbearing exercises, diet adjustments, and homeopathic and herbal remedies.

15,000 first printing.

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Natural approaches and mind-body strategies for women's most pressing health concerns.

Highlights the role nutrition plays in fighting breast cancer, especially foods and natural medicines that encourage lymphatic detoxification, protect against tumors, and boost immunity

A holistic guide to managing menopause draws on the latest research to provide a customizable plan of nutrition, exercise, and relaxation response techniques that can reduce such symptoms as hot flashes, night sweats, mood swings, and insomnia.

Original. 20,000 first printing.

Used to treat PMS, migraines, osteoporosis, and more.

Discusses the effect of hormones on health and suggests natural treatments to maintain good health and cope with PMS, menopause, osteoporosis, and other common health problems

Includes material on progesterone, phytoestrogens, PMS, menopause, hysterectomy, diet, soy, stress, hot flashes, sleep disturbances, mood swings, sex, bone health, breast health, among other topics.

A veteran nutritionist and health writer reveals some of the health secrets she has learned in the course of her career--the diagnostic tools and truly miraculous substances that can have a dramatic impact.

Menopause Naturally McGraw Hill Professional

A guide to traditional and alternative treatments for the symptoms of menopause

This book is an indispensable guide that will introduce you to 20 of the most frequently used herbs.

This book covers the most common areas of concern in women's health. It provides a truly integrative approach, showing when, how, and for whom complementary/integrative therapies can benefit women in continuity with their regular medical care. This is an evidence-based, clinically-oriented book that presents the background and range of complementary and alternative therapies related to common medical conditions and functional complaints and disorders. It summarizes and analyzes scientific studies on the safety and efficacy of these therapies for various women's health conditions. Each chapter includes a description of commonly used treatments, discussions of safety issues (including adverse effects and drug interactions), a comprehensive summary and methodological assessment of clinical trials on the subject (with animal and in vitro data included as appropriate), and advice on counseling patients. Provides a clear review of the scientific evidence relating complementary and integrative medicine to the care of women. Offers a roadmap to the options in the treatment of women with complementary and integrative medicine - expanding the clinician's practice, whatever their specialty, with realistic possibilities. Features comprehensive coverage of safety issues. Written by leading experts in the field. Sidebars within each chapter provide at-a-glance advice for patients and practitioners. Includes key coverage of non-gynecologic issues such as nutrition, headache, depression, cancer, and heart disease. Offers comprehensive coverage of commonly used treatments and related safety issues, such as possible adverse effects and drug interactions, plus a helpful appendix on Botanical Products. A focused table of contents makes it easy to find the right treatment for each patient based on their condition. Features advice on talking with patients about self-treatments they may have read about in books or on the Internet.

With almost 100,000 copies sold in earlier editions, this revised edition provides the most up-to-date information on natural alternatives to synthetic hormone replacement therapy A must-read for any woman taking synthetic hormones for infertility, birthcontrol, PMS, or menopause • Includes the latest research on using natural progesterone to combat osteoporosis, endometriosis, heart disease, PMS, fibroids, and breast, ovarian, and uterine cancer More and more

women are seeking alternatives to synthetic hormones and their harmful side effects. Despite increasing awareness of the dangers of synthetic hormones, over-prescription of estrogen is still rampant, as is confusion among doctors and patients whether the benefits of conventional hormone replacement therapy (HRT) outweigh the risks. This updated fourth edition offers the latest information on how botanical progesterone therapy, also known as natural HRT, can provide safe, natural relief for many of the problems women face from hormone deficiency, including PMS, fibromyalgia, depression, menstrual irregularity, miscarriages, uterine fibroids, and infertility. Botanical progesterone supplementation can be also extremely effective in relieving hot flashes, insomnia, night sweats, vaginal dryness, and even cancer. The authors sift through misinformation and contradictory studies, warning against corporate-sponsored research in a multi-billion dollar menopausal industry, and guide readers to natural alternatives. This fourth edition also includes new studies regarding the dangers of a diet rich in soy contributing to the onset of premature menopause, as well as thyroid disorders. The dangers of mammography and the importance of focusing on safer, more effective methods of cancer detection are also well documented.

Reaching nearly 1 million readers monthly, Better Nutrition celebrates 70 years as a leading in-store distributed magazine for health conscious consumers. Widely distributed to thousands of health-food stores and grocery chains across the country, Better Nutrition provides authoritative, well-researched information on food nutrition, dietary concerns, supplements and other natural products.

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Make Depression a Thing of the Past Depression is startlingly widespread in the U.S., with some 30 million people-nearly one out of ten people-taking Prozac to alleviate symptoms. One in four women will have clinical depression in their lifetime, as will one in eight adolescents or men. Yet even with so many on antidepressants, depression remains rampant and nobody is getting truly healed. Why? The answer is that the true causes of depression are not being treated, explains medical journalist Stephanie Marohn. Drawing on the successful clinical results of 11 practitioners from different fields of natural medicine she shows convincingly how depression can be reversed for good, without drugs. By treating the underlying causes of depression, rather than suppressing the symptoms as most pharmaceutical drugs do, you can have lasting recovery. So what does cause depression? Marohn identifies 16 different causes, from chemical and heavy metal toxicity to hormonal imbalances, to food allergies and neurotransmitter deficiencies to intestinal problems and psychospiritual issues. And what heals it? Marohn reviews a rich array of successful, nondrug-based treatment approaches including applied psychoneurobiology, chelation, allergy elimination, neural therapy, anthroposophic medicine, acupuncture, herbs, homeopathy, CranioSacral therapy, flower essences, visceral manipulation, shamanic healing, and more. Marohn also draws from real-life patient stories to show how healing from depression works. It's all backed by science and clinical results. You don't have to learn how to cope with depression. The uplifting message of The Natural Medicine Guide to Depression is that you can actually heal your depression through proven treatments from natural medicine.

Use herbal medicines to treat women at any stage of life! Botanical Medicine for Women's Health, 2nd Edition provides an evidence-based, patient-centered approach to botanical interventions for many different medical conditions. More than 150 natural products are covered, showing their benefits in gynecologic health, fertility and childbearing, and menopausal health. This edition includes new full-color photos of herbal plants along with a discussion of the role of botanicals in healthy aging. Written by Aviva Romm, an experienced herbalist, midwife, and physician, this unique guide is an essential resource for everyday practice of herbal medicine. Winner of the 2010 American Botanical Council's James A. Duke Excellence in Botanical Literature Award! Current, evidence-based information covers more than 150 botanicals for over 35 different conditions. Case studies provide realistic scenarios and help you apply the content to the real world. Treatment and formula boxes summarize the most important information. Color illustrations and photographs of plants enable you to identify herbs visually as well as by substance make-up. Logical chapter organization begins with the principles of herbal medicine and then covers women's health conditions organized chronologically by lifecycle, from teen and reproductive years to midlife and mature years. Appendices include practical, at-a-glance information on common botanical names, chemical constituents of medicinal plants, and a summary table of herbs for women's health. NEW! Updates reflect the latest research and the most current information. NEW Full-color design and detailed, professional color photos of plants make this a unique, essential resource. NEW! Coverage of the role of botanicals in healthy aging for women features phytoestrogens, Ayurvedic/Chinese herbs, and discussions of health promotion.

Effective alternatives to dangerous drugs.

Called "my menopause bible" by half a million women, the best book on menopause is now better. Originally published in 1992 and still a top best-seller. Completely revised with 100 new pages. Susan S. Weed (author of the best-sellers Breast Cancer. Breast Health! the Wise Woman Way, Wise Woman Herbal for the childbearing Year, and Healing Wise) has completely rewritten this classic after listening to over 20,000 women talk about menopause and what works for them. All the remedies women know and trust plus hundreds of new ones. New Sections on thyroid health fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. Introduction by Juliette de Bairacli Levy. Beautifully illustrated, superbly indexed, wrapped in the healing cloak of the Ancient Ones, this is a book for women of all ages who want strong bones, healthy hearts, and a long, joyous life without hormones.

A world list of books in the English language.

The comprehensive examination of this very real health issue.

Feminist women bequeath to us a powerful critique of our society's obsession with beauty and impossible body ideals. Having refused makeup, high heels, and short skirts in their youth, these women are now entering the most stigmatized stage in a woman's life-old age. As she becomes the "older woman," the feminist's rejection of beauty standards and her ability to locate self-worth is being challenged. How will feminists respond to the issues raised in this phase of their lives? By confronting the issues unique to older women in our culture and society, these authors redress the neglect and isolation experienced within contemporary feminism and gerontology. Ultimately, the goal of the book is to inspire the aging woman to more easily embrace the "older other" within her.

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