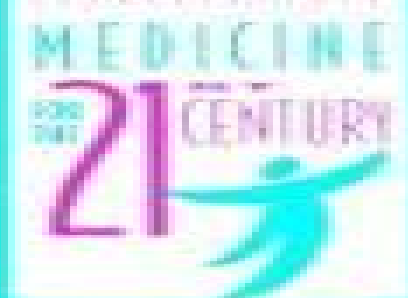


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Remifemin: Herbal Relief For Menopausal Symptoms Frank Murray, 1999-01-11 **The Wisdom of Menopause (4th Edition)** Christiane Northrup, 2021-05-11

The Wisdom of Menopause offers an honest look at the menopausal transition. If you are looking for realistic positive and constructive solutions to the inevitable challenges of life then look no further you have found your sourcebook. The North American Menopause Society A 1 New York Times bestseller when first published this groundbreaking book has inspired more than a million women with a dramatically new vision of midlife and will continue to do so for generations to come. As Dr Christiane Northrup explains the change is not simply a collection of physical symptoms to be fixed but a mind body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now from the quality of her relationships to the quality of her diet have the power to secure vibrant health and well being for the rest of her life. In this fully revised and updated fourth edition Dr Northrup draws on the current research and medical advances in women's health including up to date information on hormone testing and hormone therapy a completely new take on losing weight and training your mind to release extra pounds new insights on the relationship between thyroid function Hashimoto's disease and Epstein Barr virus with a new program for healing thyroid issues all you need to know about perimenopause and why it's critical to your well being the latest on new less invasive and more effective fibroid treatments information on which supplements are better than Botox for keeping your skin looking youthful additional advice on dealing with pelvic health issues including pelvic prolapse. With this trusted resource Dr Northrup shows that women can make menopause a time of personal empowerment emerging wiser healthier and stronger in both mind and body than ever before.

The Wisdom of Menopause Christiane Northrup, M.D., 2012-01-03

Dr Christiane Northrup's 1 New York Times bestseller The Wisdom of Menopause has inspired more than a million women with a dramatically new vision of midlife and will continue to do so for generations to come. As Dr Northrup has championed the change is not simply a collection of physical symptoms to be fixed but a mind body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now from the quality of her relationships to the quality of her diet have the power to secure vibrant health and well being for the rest of her life. Now completely revised this groundbreaking classic draws on the current research and medical advances in women's health and includes a new section on sex after 50 and how if need be you can rejuvenate your sex life updated mammogram guidelines and how thermography improves breast health the latest on the glycemic index optimal blood sugar levels and ways to prevent diabetes dietary guidelines revealing that hidden sugar not dietary fat is the main culprit in heart disease cancer and obesity all you need to know about perimenopause and why it's critical to your well being a vital program for ensuring pelvic health during and after menopause strategies to combat osteoporosis and strengthen bones for life. With this trusted resource Dr Christiane Northrup shows that women can make menopause a time of personal empowerment emerging wiser healthier and stronger in both mind and body than ever before.

Natural Menopause Remedies Nadine Taylor, 2009-12-01 Learn the most effective ways to ward off specific menopausal symptoms without the use of synthetic hormones We learned the bad news Women on Hormone Replacement Therapy have a higher risk of heart disease blood clots stroke and breast cancer than those who are not Some six million women were taking synthetic hormones HRT when the news broke And the Women s Health Initiative a prestigious long term study of 16 000 women had to stop three years earlier than planned leaving millions of women unsure what to do next But there is good news Women can use all natural remedies for their hot flashes insomnia heart disease osteoporosis low libido and vaginal dryness without risking serious side effects Natural Menopause Remedies uncovers the truths and myths about nature s remedies including foods herbs supplements lifestyle changes and alternative techniques Based on clinically proven evidence drawn from thorough research this book reveals which natural remedies work how they work and how to use them With the information in this book women can implement a personalized plan for their specific symptoms

The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs Heather Boon, Michael Smith, 2004 The most current scientific information from the world s leading medical journals Although there is growing consumer awareness of alternative and complementary medicine there is a lack of comprehensive information available on herbal products While pharmacists physicians and other health care professionals sometimes offer advice their patients want more information The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs is a comprehensive fully illustrated reference to the 50 most commonly prescribed herbs A complete description of each herb is featured along with its other common names possible adverse effects therapeutic uses for treating illness and disease as well as potential drug interactions Some of the herbs included are Aloe Vera Evening Primrose Goldenseal Scullcap Burdock Tumeric Tea Tree Oil Meadowsweet This guide is written by professional pharmacists one a naturopathic doctor using the most current research and clinical testing The authors easy to understand text combined with the latest findings and clear directions for safe dosages makes this practical reference on medicinal herbs a primary resource of data

The New Healing Herbs Michael Castleman, 2017-07-11 Straight from nature s medicine cabinet the latest herbal discoveries that cure hundreds of health concerns without the dangerous side effects or high cost of prescription drugs When compared to prescription drugs herbal healing is both safer and more cost effective In the fourth edition of *The New Healing Herbs* you get access to the latest most up to date information about herbal remedies for cures to nausea the common cold diabetes cancer allergies back pain and more This new edition includes five new herbs the result of author Michael Castleman s endless research and dedication to holistic healing Taking a folklore meets science approach you ll also explore the rich history of herbal medicine traditions Featuring 135 of the most widely used medicinal herbs including cannabis *The New Healing Herbs* shows you which herbal remedy to take for each condition how it s taken what interactions to watch for and where to buy the featured herb The easy to use Cure Finder organizes herbs by health condition healing actions and alternative uses guiding you to the right herbal remedy for your ailment With

The New Healing Herbs you ll find nature s remedy for health vibrancy and happiness The Best Alternative Medicine Dr. Kenneth R. Pelletier,2010-06-22 The Best Alternative Medicine is the only book available today that both evaluates the major areas of alternative medicine and addresses how they can be used to treat specific conditions Dr Kenneth R Pelletier explains such popular therapies as mind body medicine herbal and homeopathic remedies spiritual healing and traditional Chinese systems discussing their effectiveness the ailments each is most appropriate for and how they can help prevent illness In the second part of the book which is organized alphabetically he draws on the latest National Institute of Health NIH sponsored research to present clear recommendations for the prevention and treatment of health concerns ranging from acne to menopause to ulcers Combining valuable guidance about alternative treatments with definitive health advice The Best Alternative Medicine will be the standard reference for the increasing number of people integrating alternative medicine into their personal and organizational heath care programs **100 Super Supplements for a Longer Life** Frank Murray,2000-11-22 Although humans can t live forever life can be prolonged by paying more attention to diet lifestyle exercise and the supplements that are the cornerstone of today s modern medicine 100 Super Supplements for a Longer Life highlights the many vitamins minerals herbs amino acids phytonutrients and other natural substances that are being used to prevent and or treat heart disease stroke cancer high blood pressure diabetes Alzheimer s disease aging and other debilitating illnesses The book includes the most up to date information from medical journals scientific symposia and other resources from around the world Complementary and Alternative Medicine for Older Adults Elizabeth R. Mackenzie,Birgit Rakel,2006-02-22 The field of Complementary and Alternative Medicine CAM is expected to grow tremendously in the next few years In addition to an increase in the general population the baby boomer generation is quickly entering retirement and will likely take advantage of CAM increasingly as it ages Although CAM research as applied to aging is just beginning and health professionals receive no special training in CAM and aging the United States population still continues to employ it For diagnoses that accompany aging such as cancer neurological diseases psychiatric disorders and physical disabilities CAM has often been used in addition to or in place of unsuccessful conventional methods of treatment This new and up to the minute compendium of reliable and authoritative information on complementary and alternative therapies seeks to provide information that older adults may use as they seek to improve their health and quality of life Covering dietary means physical mental and spiritual methods of treatment and various types of therapies this handbook is the most comprehensive and up to date resource on complementary and alternative medicine available today Each chapter or article includes Brief definition of modality Anecdotal reports of usefulness Discussion of scientific evidence for and against modality List of resources that reader can use to find further information Examples of therapies covered include Art Music Massage Acupuncture Meditation Homeopathy Ayurveda Aromatherapy **Botanical Medicine for Women's Health E-Book** Aviva Romm,2017-01-25 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

Herbal Medicine in Treating Gynaecological Conditions Volume 1 Hananja Brice-Ytsma, Adrian McDermott, 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

Alternative Medicine Donal O'Mathuna, Walt Larimore, MD, 2010-05-11 The most complete resource of its kind on alternative medicine Herbal remedies dietary supplements and alternative therapies Their specific uses Which ones really work and which ones don't What to watch out for Christian versus non Christian approaches to holistic health Clinically proven treatments versus unproven or quack treatments Truths and fallacies about supernatural healing Ancient medical lore the historical cultural and scientific facts And much much more Alternative Medicine is the first comprehensive guidebook to nontraditional medicine written from a distinctively Christian perspective Keeping pace with the latest developments and research in alternative medicine this thoroughly revised edition combines the most current information with an easy to use format University lecturer and

researcher Dnal O Math na PhD and national medical authority Walt Larimore MD provide detailed and balanced answers to your most pressing questions about alternative medicine and to other questions you wouldn't have thought to ask Also includes Two alphabetical reference sections Alternative therapies Herbal remedies vitamins and dietary supplements A description of each therapy and remedy an analysis of claims results of actual studies cautions recommendations and further resources Handy cross references linking health problems with various alternative therapies and herbal remedies reviewed in the book

Herbs and Natural Supplements Inklings Lesley Braun, Marc Cohen, 2010-06-24 A must have health companion for herbalists naturopaths complementary medicine practitioners and students Herbs and Natural Supplements 3rd Edition An evidence based guide presents evidence based information on the 130 most popular herbs nutrients and food supplements used across Australia and New Zealand This exhaustive textbook is organised alphabetically by each herb or nutrient's common name Herbs and nutrients are then accompanied by critical information such as daily intake main actions and indications adverse reactions contraindications and precautions safety in pregnancy and more This new edition of Herbs and Natural Supplements has been expanded with new chapters on pregnancy and wellness It also features 10 new monographs for Arginine Dunaliella Elde Goji Pelargonium Prebiotics Red Yeast Rice Rhodiola Shatavari and Taurine provides current evidence based information on herbal nutritional and food supplements used in Australia and New Zealand is user friendly and easily organised by easy to find A Z herbal monographs appendices offering important additional information for the safe use of herbal and nutritional supplements including a list of poison information centres associations manufacturers and more offers clear comprehensive tables including herb natural supplement drug interactions lists the pharmacological actions of all herbs and natural supplements a glossary of terms relevant to herbs and natural supplements two comprehensive new chapters Herbs and Natural Supplements in Pregnancy and Introduction to Wellness all chapters completely updated and expanded ten new monographs taking the total to 130 now also available as an eBook A code inside Herbs and Natural Supplements 3rd Edition An evidence based guide enables a full text download allowing you to browse and search electronically make notes and bookmarks in the electronic files and highlight material

Blended Medicine Michael Castleman, 2002-10-18 Discusses the best choices in mainstream and alternative therapies for treating over 100 health conditions and ailments

Alternative Medicine for the Elderly P. Cherniack, 2003-04-23 This book on complementary alternative medicine CAM for the Elderly provides a critical and objective evaluation of alternative medical therapy for the elderly The focus on practical aspects such as adverse effects and general risks of various therapeutic methods makes it a valuable reference book for the general practitioner for geriatricians and professionals within the area of alternative medicine but also for interested laypeople In the three sections Epidemiology Types of CAM and Common Medical Problems and CAM a broad range of issues are covered They range from drug compliance in elderly people to CAM in the treatment of specific conditions such as pulmonary diseases arthritis or cancer The above features and in particular the unbiased

approach to discuss the pros and cons of CAM make this publication a must have for everybody searching for detailed information on alternative medicine for the elderly **Complementary, Alternative, and Traditional Medicine** Costanza Torri, Jennie M. Hornosty, 2017-05-15 This edited collection is about the use of complementary and alternative medicine CAM and traditional medicine TM within the context of women s reproductive health It adopts a perspective drawn from different social sciences sociology medical anthropology history and health studies to discuss topics such as fertility menopause pregnancy child birth practices post natal care breastfeeding and breast cancer The contributors explore the uses and values attributed to CAM and TM for women s reproductive health across diverse cultures from the point of view of patients CAM TM practitioners and other health care providers This text provides insights into the wide spectrum of practices approaches and beliefs that define CAM and TM and situates women s health issues within the local socio cultural geographic economic historical and political contexts in which they exist It also explores some challenges to the integration of TM and CAM with biomedicine **Varney's Midwifery** Tekoa L. King, King, Mary C. Brucker, Jan M. Kriebs, Jenifer O. Fahey, 2013-10-21

Important Notice The digital edition of this book is missing some of the images or content found in the physical edition The gold standard for midwives and students is back with Varney s Midwifery Fifth Edition New to this edition are chapters describing the profession of midwifery reproductive physiology clinical genetics and support for women in labor Interwoven throughout is information on primary care gynecology maternity care and neonatal care With chapters written by a variety of expert midwives and an increased emphasis on reproductive anatomy and physiology this new edition assists students and clinicians in understanding not only what to do but why Updated to reflect evidence based care this edition also discusses the pathophysiology of various conditions in the context of normal changes in the reproductive cycle Also included are numerous new anatomical and clinical illustrations **Medical Botany** Walter H. Lewis, Memory P. F. Elvin-Lewis, 2003-09-04

Organized by body system and ailment makes it easy to locate appropriate therapies Includes background on the physiology of major systems and ailments so readers can understand how and why a pharmaceutical botanical or dietary supplement works Broad coverage includes green plants fungi and microorganisms Includes extensive references and citations from both conventional and complimentary alternative medical systems when natural products or their derivatives are involved

Current Topics in Menopause Volodymyr Dvornyk, 2013-01-22 Menopause is a significant event in a woman s life as is generally considered as an indicator for senescence in women Evidence suggests that menopause results in many psychological and postmenopausal health problems such as anxiety osteoporosis cardiovascular disease metabolic disorder and others Menopausal symptoms and associated disorders are of great importance for public health as they influence the quality of life of affected individuals Therefore proper management of menopause will definitely contribute to healthy aging and the overall well being of women This e book reviews recent progress in the research and management of menopause and associated health problems It provides comprehensive coverage of both clinical aspects and basic research of menopause

Topics covered in this e book include research findings about risk factors for complex medical conditions associated with menopause along with the treatment options for these conditions with particular emphasis on hormone replacement therapy HRT These conditions include osteoporosis dementia cardiovascular diseases obesity and diabetes mellitus Subsequent chapters detail on common oncological malignancies post menopause The e book concludes with a review of HRT treatment including its advantages and disadvantages followed by a review on risk factors causes and complications of premature menopause occurring in women before an age of 40 years This e book is a valuable guide for medical researchers and gynecological professionals with a focus on the pathophysiology and treatment of this medical condition

Prescription or Poison? Amitava Dasgupta, 2011-02-15 From echinacea to ayurvedics this book explains how toxic these remedies are alone or in combination with other widely prescribed drug treatments For example one should avoid most herbal remedies when pregnant because of pesticides and preservatives required in growth and storage of the herbs a widely used herbal antidepressant called kava does damage to the liver most ayurvedic medicines contain unacceptable levels of lead and other heavy metals St John s Wort is not recommended if you are taking a medication for any chronic medical condition Dr Dasgupta explains in simple engaging prose what drug interactions are and why they are dangerous Most educated people see herbal remedies as natural and therefore safe Dr Dasgupta tells us that one of his first pharmacology professors taught him that medicine is just another word for poison and should be treated with the same respect He will present a balanced account of efficacy and safety of herbal medicines with discussion on potentially unsafe and toxic remedies This book will be written in layman s language for the consumer health market but will be based on solid medical research and published reports in the medical literature

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