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James F. Balch, Mark Stengler

Natural Prescriptions For Women:

Natural Prescriptions for Women The Editors of Prevention Health Books,2000-12-08 Presents a self care collection of non drug prescriptions for more than one hundred common health problems Natural Prescriptions for Women Robert M. Giller, Kathy Matthews,1997 Joey Green's Magic Health Remedies Joey Green,2013-07-09 Home remedies remain an appealing alternative to costly doctor visits they re effective inexpensive and ideal for everyday illnesses and injuries that don't require hands on medical care When brand name product guru Joey Green tackles a subject like home remedies readers can be found reaching into their closets cupboards and pantries for their favorite products to cure what ails them From relieving a migraine with Dole Pineapple Chunks treating stinky feet with Clearasil and soothing an insect bite with Colgate Toothpaste Joey Green's Magic Health Remedies is packed with reliable user friendly cures for everything from acne and calluses to morning sickness and toothaches 121 conditions in all Joey divulges that many products have special never before revealed qualities not found on the label and with a little ingenuity can be used to treat minor health issues and conditions. There's compelling evidence for experimenting with off label uses like when hay fever strikes a little McCormick Ground Turmeric in a glass of water brings relief in 15 minutes the bioflavonoids in the spice are antioxidants that suppress histamine production Who knew Well Joey knows and now he s bringing fast relief and lots of fun to health care at home

Natural Hormone Balance for Women Uzzi Reiss, Martin Zucker, 2002 Dr Uzzi Reiss describes his program for restoring women's natural hormonal balance explaining the difference between chemical hormone prescriptions and natural hormone replacements offering advice on how to choose and use the best replacement and discussing the benefits of a natural hormone replacement regimen Natural Drugs from Plants Hany El-Shemy, 2022-05-11 Natural Drugs from Plants emphasizes the importance of medicinal plants for drug discovery worldwide Chapters discuss the active ingredients of certain medicinal plants their mechanisms of action and how they can be used to treat different diseases 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 Everything You Need to Know About Menopause Ellen Phillips, 2003-01-01 Menopause New Directions No two women go through menopause in exactly the same way One experiences hot flashes that will melt steel other suffer chills or one of 50 other possible mental or physical changes In the past most women confronted by menopause had two choices Suffer the symptom usually in silence or take a hormone pill But thanks to the startling findings of the Women's Health Initiative Study which concluded that the potential health hazards of using Prempro an estrogen progesterone combination outweighed its benefits and the subsequent National Toxicology Program's classification of estrogen as a carcinogen women Natural Prescriptions Robert M. Giller, Kathy Matthews, 1995 The first and their doctors have been thrown into turmoil step in treating any ailment should be simple and natural A natural treatment is the best kind one that helps the body heal itself Based on his years of practical experience as a doctor as well as on the latest research Dr Giller's book explains in crystal clear terms how to treat yourself with vitamin and mineral supplements herbs diet exercise and stress reduction He also indicates when it may be necessary to consult with a doctor An indispensable health resource for the whole family Natural Prescriptions introduces you to such proven treatments as A derivative of licorice to help reduce acid indigestion The mineral chromium to stop cravings for sweets Calcium at bedtime for lower back pain The amino acid L lysine to help prevent cold sores The amino acid DL phenylalanine to combat the mood swings of PMS Magnesium for the prevention of kidney stones Melatonin for insomnia With a bulleted step by step treatment plan for each condition including specific amounts of nutrients and the length of time they should be taken Natural Prescriptions can dramatically change the way you feel about Prescription for Natural Cures James F. Balch, Mark Stengler, Robin Young-Balch, 2011-01-31 yourself and your health The revised and updated edition of the bestselling natural health bible more than 500 000 copies sold to date Hundreds of thousands of readers have relied on Prescription for Natural Cures as the source for accurate easy to understand information on natural treatments and remedies for a host of common ailments The new edition of this invaluable guide has been thoroughly updated to reflect the very latest research and recommendations This revised edition prescribes remedies for almost 200 conditions including new entries such gluten sensitivity and MRSA You ll find easy to understand discussions of the symptoms and root causes of each health problem along with a proven natural customized prescription that may include supplements herbal medicine homeopathy aromatherapy Chinese medicine hydrotherapy bodywork natural hormones and other natural cures in addition to nutritional advice Comprehensive reference of natural remedies for almost 200 common health ailments organized by problem from A to Z This revised edition features scores of new supplements and many new conditions Up to date information reflecting the latest natural health research and treatment recommendations Clear authoritative guidance on dietary changes healing foods nutritional supplements and recommended tests Down to earth descriptions of each health problem and natural remedy If you and your family want to get better naturally Prescription for Natural Cures is an essential health resource you can t afford to be without **Natural Remedies for Women's Health**

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much needed resource for teachers students and practitioners of women s health in Canada this comprehensive volume makes an important contribution to the literature 100 Natural Remedies for Your Child Jared M. Skowron, 2011-08-02 Americans spend 34 billion dollars annually on alternative medical therapies and products Not only are we seeking out natural remedies for ourselves increasingly we re also looking for ways to cut down on the amount of medication given to our children In 100 Natural Remedies for Your Child pediatric naturopath Dr Jared Skowron shows parents how to prevent and treat their children's illnesses from common ailments such as upset stomach headaches and minor infections to more serious problems like food allergies diabetes and asthma While there is a time and place for conventional medicine natural solutions especially diet can be effective strategies for treating many of our children's ailments 100 Natural Remedies for Your Child includes FOODS THAT HEAL Dietary change is the core lifestyle modification in naturopathic medical practice Dr Skowron shows parents the power of nutrition and reveals how foods can help prevent and treat disease TOXIC DETOX From pesticides to plastics natural medicine offers safe and proven methods for removing environmental toxins from our children s bodies SUPPLEMENTATION Parents will learn which supplements are helpful for alleviating symptoms or preventing illness and what dosages are safe and effective ALTERNATIVE REMEDIES Instead of heading to the drugstore for an over the counter remedy when their child is ill parents will learn how to use homeopathic remedies that save money and heal their The Ultimate PCOS Handbook Colette Harris, Theresa The Publishers Weekly ,2000 child naturally Cheung, 2008-09-01 Offers a plan to ease the physical symptoms and psychological effects of the disease using natural methods such as supplements a healthy diet of fresh and whole foods exercise and complementary therapies

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