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Remifemin: Herbal Relief for Menopausal Symptoms

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Remifemin Herbal Relief For Menopausal Symptoms

Michael Castleman



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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's #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 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, Turmeric, Tea Tree Oil, Meadowsweet. This guide is written by professional pharmacists and 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 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

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 health care programs

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

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 Donald O Mathena 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

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 *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 **Vitamins & Supplements For Dummies** Shelley B. Weinstock, 2025-06-19 Confused by vitamins and supplements Look no further this honest guide answers your biggest questions *Vitamins Supplements For Dummies* will teach you how to choose the best vitamins minerals and supplements to provide nutrition for your mind and body Inside you'll find easy to follow explanations of what key vitamin and minerals do so you can make the right choices for your needs Factors like age lifestyle gender ethnicity diet and habits all play a role in determining which vitamins and minerals you need more or less of in your diet Learn how to get blood tests keep a diet record and other methods of finding out where you may benefit from changes to your regimen With this book you can follow healing programs that include vitamin mineral and herbal supplements and lifestyle tweaks If you use supplements wisely they can improve your health wellness and longevity *Vitamins Supplements For Dummies* shows you how Learn the basic facts about how vitamins and supplements affect you Get answers to your questions about creating a wellness program longevity and beyond Create a personalized wellness program to optimize your health Enhance your memory mood and energy levels with supplements This *Dummies* guide is a great resource for anyone who wants to learn how to make the best vitamin and supplement choices to improve health immunity and appearance *The No-Nonsense Guide to Menopause* Barbara Seaman, Laura Eldridge, 2024-12-17 The definitive guide to this important life stage Touches on nearly every aspect of women's health and sheds an invaluable light on a long cloudy subject Publishers Weekly starred review *The No Nonsense Guide to Menopause* offers a radical rethink in the way menopause is treated With an awareness of profit motivated drug companies and the physicians they influence this resource provides unbiased straightforward advice about the true risks of hormone therapy and the effectiveness of alternatives Barbara Seaman a leading advocate in the women's health movement for decades demanded answers and accountability from the pharmaceutical industry with the goal of putting women in control of their bodies and futures

Together with Laura Eldridge written in clear and accessible language the two shine a light on just about everything there is to know about menopause and its aftermath medically culturally socially sexually and even financially They provide straight talk on supplements vitamins and alternative therapies how to listen to your doctor and how to make sure your doctor listens to you From hormone replacement therapy to hysterectomies to guidance on what questions to ask and strategies for assessing the validity of new data this is a complete accessible and easy to use resource that will bring comfort and clarity to women everywhere

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

The ABC Clinical Guide to Herbs Josef A. Brinckmann, Bernd Wollschlaeger, 2003 This well referenced instructive and clinically accurate guide provides everything you need to know about the safe and effective use of medicinal herbs Published by the American Botanical Council ABC the book contains comprehensive scientifically based information on 29 herbs and 13 proprietary herbal products The reference is also the first of its kind to include a continuing education module for a wide variety of healthcare professionals Each herb analysis includes an extensively referenced therapeutic Monograph a 2 page Clinical Overview for quick reference and a 1 page Patient Information Sheet for the health professional to copy and give to patients Pharmacological activity herb drug interactions adverse effects preparations dosage name brands regulations and detailed tables of clinical studies are all accurately presented in this important educational guidebook Key features of the ABC Guide In depth data thorough and detailed information for the most popular herbs and herbal

products sold in the US market today More than 40 tables of clinical studies including 180 commercial products
Incorporation of science based and traditional information Standardized and regimented layout ensures quick and easy access to information National continuing education credit 10 to 13 5 credit hours available to health professionals in five disciplines Message to customers The University of Texas Medical Branch at Galveston UTMB has extended CME credit for physicians for The ABC Clinical Guide to Herbs The current 20 fee will no longer be charged This will now be offered at no cost with purchase of the book In addition CE credit has been extended for nurses pharmacists and dietitians THE ABC CLINICAL GUIDE to HERBS provides healthcare professionals with what they want factual current scientifically based information and guidance on the top selling herbs in the United States A must have reference for every practice Published by the American Botanical Council Thieme is proud to be the exclusive worldwide distributor for this book Herbs and Natural Supplements Inkling 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 **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 *Blended Medicine* Michael Castleman,2002-10-18 Discusses the best choices in mainstream and alternative therapies for treating over 100 health conditions and ailments **Evidence-based Herbal Medicine** Michael Rotblatt,Irwin Ziment,2002 A handbook of practical objective and clinically oriented information on the use of herbalism in health care Potentially useful herbal medicines are differentiated from the many popular herbs of dubious value A report card format allows quick reading and easy access to relevant information Herbs are graded with grades determined by usefulness effectiveness availability and safety Handbook size can be carried in lab coat Analyses based on controlled studies or meta analyses or systematic reviews of the primary literature Sections of each report card include Uses Pharmacology Clinical Trials Adverse Effects Preparations and Dose Contraindications Interactions and Warnings Conclusion and Recommendations References An appendix lists and reviews other herbal medicine information resources Nonherbal dietary supplements also are addressed in a separate section

A Concise Treatise on Natural Remedies Antoine Al-Achi,2020-05-28 This volume examines the use of natural remedies in health and disease blending scientific findings known to operate in the alternative and complementary medicine modalities with those utilized in folklore medicine It points toward a unified theory that links the development of chronic degenerative diseases with inflammation and considers how natural health modalities can alter or halt the progression of chronic diseases through their beneficial actions on inflammation The book will serve as a venue for educating those who desire concise yet thorough insights into this area of alternative health practices Students in the healthcare field as well as medical practitioners will find the information provided here particularly helpful and educational **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

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