

Hygieia A Woman S Herbal

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ancient herbal secrets for self care healing and wholenessdesigned specifically for women this book will introduce the system of ayurvedic medicine one of the most ancient and holistic forms of medicine known in human history developed in india over 5 000 years ago ayurveda is a complete system for healing and rebalancing the body this fascinating book features an a z of herbs with their description history and uses and easy to prepare home remedies there is also an a z section of ailments that details symptoms and how to treat them using

ayurvedic remedies authoritative text an easy to use format and delightful original botanical illustrations will make this volume a pleasure to own and a useful home reference

the woman s herbal apothecary is every woman s lifelong guide to herbal remedies for common health concerns novice herbalists and advanced practitioner s alike will learn how to naturally treat the complete spectrum of women s concerns including preventative self care life transitions and common feminine ailments learn how to prevent soothe and heal without resorting to medical remedies which are often harsh costly and include unpleasant side effects the woman s herbal apothecary contains 200 natural remedies covering the topics of menses pregnancy menopause aging fibroids bladder infections and low libido among others the book is conveniently divided into the major cycles of a woman s life pre childbirth reproductive years menopause and beyond each section discusses specific physical complaints and how to treat them you will learn which herbs are the most helpful for each phase of life and which are contraindicated or to be avoided master herbalist and naturopathic doctor jj pursell provides her own herbal solutions and diy herbal remedies the concluding section is divided by specific common health issues in women such as cardiac disease thyroid disease and adrenal dysfunction with the woman s herbal apothecary in hand you are on your way to healing hormone balance beauty longevity and calm the natural way

simple safe and effective herbal home remedies for women of all ages from menstruation to menopause learn how to prepare natural treatments for acne pms morning sickness hot flashes yeast infections and more for centuries women have turned to herbs to cope with a wide variety of health problems and conditions comprehensive and easy to use herbal healing for women explains how to create remedies including teas tinctures salves and ointments for the common disorders that arise in the different cycles of a woman s life covering adolescence childbearing years pregnancy and childbirth and menopause rosemary gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne pms morning sickness and hot flashes a complete women s health care manual herbal healing for women discusses common disorders and the herbs that are effective for treating them how to select and store herbs preparation of hundreds of herbal remedies an alphabetical listing of herbs including a brief description of the herb the general medicinal usage and when necessary warnings about potential side effects by explaining the properties of specific herbs and the art of preparation rosemary gladstar demonstrates not only how to achieve healing through herbs but good health as well

women s herbs women s health is a sourcebook of knowledge about how a woman s body works the major health issues faced by women and which herbal remedies can be used as a preventive measure or treatment includes information on why herbal treatments result in the least amount of interference in the body s natural rhythm have the deepest effects and produces the least amount of side effects

women s health care for child bearing years

healing wise sets forth the foundations of the wise woman tradition contrasting them with the heroic and scientific views of healing weeds draw us into ancient wisdom in a clear and refreshing way says herbalist rosemary gladstar i see the wise woman she carries a blanket of compassion she wears a robe of wisdom from her shoulders a mantle of power flows she ties the threads of our lives together i see the wise woman and she sees me seven herbs burdock chickweed dandelion nettle oatstraw seaweed and violet are explored in depth each monograph includes the voice of the herb a weed walk to encounter the herb in its environment detailed instructions for harvesting and preparation properties and uses for every part of the herb pertinent facts fun folklore and recipes for gourmet foodstuffs wines beers cosmetics and more

written from clinical experience rather than from the uncertain world of pure research or ancient fairy tale herbal remedies for women offers easy to understand treatments for those with no background in complementary healing from reproductive problems to migraines to pms this book discusses each problem the issues surrounding it and reviews conventional and alternative therapies

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

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