

Wise Woman Herbal For The Childbearing Year Wise

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Wise Woman Herbal for the Childbearing Year Healing Wise Every Woman's Herbal Women's Herbs, Women's Health Herbal Remedies for Women A Woman's Herbal Natural Healing for Women Goddesses & Wise Women For Women Only! New Choices in Natural Healing for Women Holistic Woman's Herbal The Woman's Encyclopedia of Health & Natural Healing The Mothers New Menopausal Years the ladies treasury for 1882 a household magazine Woman's Record A dictionary of the English language The Garden New Woman The Woman's World ... Susun S. Weed Susun S. Weed John R. Christopher Christopher Hobbs Amanda McQuade Crawford Kitty Campion Susan Curtis Anne Carson Gary Null Barbara Loecher Kitty Campion Emrika Padus Robert Briffault Susun S. Weed mrs. warren Sarah Josepha Buell Hale Robert Joseph Sullivan Oscar Wilde

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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

this complete handbook to herbs and their benefits for women contains a comprehensive

guide to more than 25 of the most important women s health herbs with explanations about how to use each one plus information on possible side effects 50 color illustrations

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

explains how to fit natural health care into busy stressful lives

this anthology is both a review of the major contributions to women s health over the course of this century and a practical guide to current concerns in the field major topics include dieting fertility menopause mental health pediatric care and more all from an alternative point of view

natural therapies offer a gentle drug free approach to women s health problems such as pms migraines hot flashes tmj and others but how can you tell which approach is the best for you the editors of prevention magazine health books consulted with experts in thirty different natural therapies from acupuncture to yoga to take the mystery out of alternative treatments and explain them in plain english you ll find out how the alexander technique can relieve the health risks of working at a computer how meditation can improve symptoms of pms and how blueberries and ginkgo supplements can reduce spider veins discover these natural healing techniques for physical and emotional ailments acupressure acupuncture alexander technique aromatherapy art therapy biofeedback breath work chiropractic feldenkrais method hellerwork herbal medicine homeopathy hydrotherapy imagery and visualization massage and bodywork meditation music therapy naturopathy osteopathy reflexology therapeutic touch traditional chinese medicine vegetarian diets yoga comprehensive and reliable this indispensable reference tells you how to find a qualified practitioner and what to expect when you visit one for the first time plus inspiring testimonials from women who have been cured by these holistic techniques attest to their incredible restorative powers

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

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