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PREVENTION
HEALTH & WELLNESS
for
Women

Natural Prescriptions For Women

DJ Losen

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 **Natural Prescriptions** Robert M. Giller,Kathy Matthews,1995 The first 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 yourself and your health

Women's Encyclopedia of Natural Medicine Tori Hudson,1999 Many women are looking to combine complementary and conventional medicine into a discipline called integrated medicine and this encyclopaedia provides in depth coverage of the whole range of women s health concerns using therapies such as vitamin supplementation herbs diet and exercise

Annual Meeting and Report of the Women's National Indian Association National Indian Association,1918 **Bibliographic Guide to Womens Studies 1998** New York Public Library Staff,1999-08 **Using Natural Remedies Safely in Pregnancy and Childbirth** Denise Tiran,2021-03-18 Providing in depth information on natural remedies that midwives doulas GPs and other health professionals can use to advise and inform their clients this reference guide focuses on safety in their application The book brings together herbal medicine homeopathy essential oils flower remedies and traditional remedies from other cultures and applies them directly to pregnancy childbirth and the postnatal period Containing an alphabetical listing of 220 remedies covering common uses contraindications and precautions adverse effects and interactions Using Natural Remedies Safely in Pregnancy and Childbirth is a vital resource for healthcare professionals working in conventional maternity care who wish to learn about the safe application of natural remedies

The Complete Natural Medicine Guide to Breast Cancer Sat Dharam Kaur,2003 Despite the risk of developing breast cancer many women still have a limited knowledge of its causes and prevention The Complete Natural Medicine Guide to Breast Cancer uses the most recent research studies and clinical evidence to explain the causes of breast cancer and techniques for its prevention Some of the topics covered are Comprehensive explanations for the causes of breast cancer hereditary hormonal environmental Identifiable environmental risks Self help detoxification programs diet plans and herbal

recommendations Natural medicine strategies which complement conventional medical treatments and promote recovery Psychological support Protective factors are highlighted and valuable exercises and worksheets for breast care are included such as The Breast Health Balance Sheet an extensive questionnaire that helps to determine risk factors Written in an empathetic and accessible style The Complete Natural Medicine Guide to Breast Cancer is an excellent resource for women seeking breast cancer information ***The Publishers Weekly***,2000 **Natural Medicine for Women** Julian Scott,Susan Scott,1991 Avon has compiled a varied list of books that focus on issues and concerns for women everywhere from notable fiction to detailed healthcare guides **Natural Therapies for Menopause** Nancy Beckham,2001-05-01 Practical positive advice for a drug free change of life As a growing number of women approach menopause the demand for safe natural methods to cope healthfully and gracefully is also growing Natural Therapies for Menopause addresses this need offering you up to date reliable information on hormonal changes helpful herbs bone strengthening diet and exercise supportive supplements and easy effective therapies for your menopause related emotional difficulties **New Books on Women and Feminism** ,1999 **Prescription Alternatives** Earl Mindell,Virginia Hopkins,2003 Reveals how prescription drugs cause imbalances in the body and how to assess the ways in which your medications may be affecting your health This book also reveals the natural medicines that can counteract the side effects of various drugs ***Women in Natural Resources*** ,1987 ***Subject Guide to Books in Print*** ,2001 **Natural Answers for Women's Health Questions** D. Lindsey Berkson,Lindsey Berkson,2002 The first book to provide simple natural solutions for dealing with women s health concerns including more than 200 conditions symptoms and likely causes **Women** Burton Goldberg,1998-10-06 **Consumer Health Information Source Book** Alan Rees,2000-01-27 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it ***The Woman's Encyclopedia of Health & Natural Healing*** Emrika Padus,1981 **Book Review Digest** ,2000

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