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PREVENTION
HEALTH BOOKS
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
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