

## The Herbal Menopause Book Herbs Nutrition And Other Natural Therapies

Herbal remedies are plants used as medicine. People use herbal remedies to help prevent or cure disease. They use them to get relief from symptoms, boost energy, relax, or lose weight. Herbals are not regulated or tested like medicines. Native Americans used herbal medicines to treat chronic diseases and health problems. Native Americans depended on the many plants that flourished near their homes due to their lack of access to physicians or hospitals. While most of this knowledge has been forgotten, some people continue to practice these centuries-old, effective herbal therapies. If used and applied correctly, these herbs have many benefits. For example, some of the following herbs and plants were used to treat illnesses. As such, if you learn more about these ancient remedies, you can use some to treat a range of illnesses. However, you must first study this book to become knowledgeable about and benefit from these ancient healing techniques!

We love that nature has the power to heal and that, when correctly used, earth's elements can aid and benefit our bodies. Whether it be essential oils, herbs, or common spices found in our kitchen, organic and sustainably harvested ingredients can do wonders for our bodies. In this book, Be assured you will get to know: - The Herbs for medicinal Treatments - The Herbs for stress (can help reduce your stress level) - The Herbs for Fertility [Fertility HERB(s)] - The Herb for Kidneys, Urinary Tract, and Other Benefits - Detoxification Herbs for Alcohol Dependence - The Natural Herbal Sleep Aids - The Herbs to Increase Semen Volume - The Anti-Aging Herbs - The Fertility Herbs II - The Herbs to Lower Blood Sugar - The Herbs for Menopause Relief - The Herbs as Remedies for Diabetes Cure - The Herbs & Spices to Reduce Inflammation - The Herbs to Treat Impotence - The Herbs for Pain Relief - The Natural Ways (Plus Herbs) to get rid of Cough in Children

"HOW THESE SIMPLE HERBS WILL ENABLE YOU TO MASTER YOUR HEALTH!"

Herbs are available everywhere vegetation is. Mankind and animals alike turn to herbs for healing. When medicine was modernized, people began to shun herbalists. Many years after conventional medicine came to be, people are beginning to go back to herbs. Researchers are racing to document the herbs in use in countries like India and china before time runs out. With deforestation and aging of herbalists, it's only a matter of time before this knowledge becomes extinct. Herbal traditions have been preserved through passing down from parents and grandparents to their children. With the advancement of technology, this knowledge can now be passed to people all over the world without time or space barriers. This book begins by explaining what herbal medicine is and why it matters. This is followed by a description of the important herbs. There are numerous herbs and knowing what herbs to cook or use as medicine can be confusing. They have strange names and unfamiliar looks. How do you differentiate medicine from poison? How will you know the correct names? Where do you begin? You may have chosen this book in a bid to answer the above questions. This book will help you answer those questions. In this book you will learn the following: Introduction Getting Started Why Use Herbal Medicine Growing Your Own Herbs Basic Tools Needed In Making Herbal Medicine How To Use Herbal Medicine Herbal Baths Herbal Pills And Capsules Herbal Infusions And Decoctions Herbal Liniments Herbal Lozenges

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Herbal Powders Infused Oils Salves And Ointments Syrups Tinctures Herbal Teas The Herbs Conclusion Help your health and **DOWNLOAD THIS BOOK TODAY!**

A comprehensive and easy-to-use reference to the most popular and effective herbal products on the market! Tyler's Tips: The Shopper's Guide for Herbal Remedies offers consumers valuable information about the uses, benefits, origins, precautions, dosage forms, and price ranges of herbal products in a clear and concise manner. Arranged by therapeutic uses in order to give you a variety of options for various ailments, this accessible guide only lists herbs that have shown effectiveness in scientific trials. Tyler's Tips contains information that will help you decide what herbal products are reliable, safe, and appropriate for your needs. Designed to be taken with you when buying herbs, this book lists one herb on each page, making it easier for you to look up a particular entry. Offering herbs that will aid several ailments, such as headaches, liver dysfunction, ulcers, menopause, skin problems, and bladder problems, Tyler's Tips provides you with information on over 35 herbs, including: St. John's wort kava ginkgo ginseng soy black cohosh aloe rhubarb goldenrod licorice tea tree eleuthero red clover Comprehensive and current, this book also informs you about well-known herbs that are widely used, but have not yet been proven to be successful. Full of practical facts, Tyler's Tips will assist you in choosing herbs that can improve your health and fit your budget.

Winner of an AJN Book of the Year Award! This extensively revised and updated edition is designed to be used as a guide for nursing management of the common gynecological conditions of women, for use in community-based or ambulatory settings. The 8th edition has a number of special features: New information on contraceptive methods, the latest CDC guidelines for management of sexually transmitted diseases, information on smoking cessation and assessing risk of heart disease in women, osteoporosis assessment and prevention, management of abnormal Pap smears, hormone therapy, breast conditions and breast cancer risk, and emergency contraception. Extensive appendixes include dozens of patients handouts, a health history form, informed consent forms for contraceptives, and a self assessment of HIV/AIDS risk.

More Women Choosing Herbal Alternatives Now, more than ever before, women are taking control of their own health and vitality by choosing herbal remedies as an alternative to traditional medicine. Because every year there are new research findings that women and their health providers need to know about, author Amanda McQuade Crawford, M.N.I.M.H, has used her clinical expertise to develop Herbal Remedies for Women. "[Amanda] is not afraid to speak the truth about women's health issues and how herbs can help," said Deb Soule, author of The Roots of Healing: A Woman's Book of Herbs. "Her words of wisdom and capacity for caring are a gift to women everywhere." Herbal medicine is, in fact, fast becoming the alternative medicine of choice. Included in Crawford's book is a broad spectrum of herbal remedies for various ailments such as chasteberry seed for fibroids as well as dandelion root and leaf for endometriosis. Also included is an herbal glossary and information on herbal preparation which corrects many herbal myths. Organized into six sections, Herbal Remedies for Women is designed to offer readers natural and effective therapies for an array of women's issues including: -Problem of Menses -Healthy Reproduction -Infections -The Change of Life Crawford also divides each chapter into subheads

which cover: definition of the syndrome, symptoms and signs, cause, conventional medical care, herbal treatment, and nutrition. Whether or not they have previous experience with herbal medicine, *Herbal Remedies for Women* provides readers with simple but effective remedies for self-healing.

If you walk into any natural or health food store, you will literally feel lost among the aisles and aisles of herbal remedies. There are pure herbs, capsulated herbs, tinctures, powders and more. How do you know which is right for you? How do you select between various brands? If you are someone that is: Interested in using herbs to improve their health, but doesn't know where to start. Confused about the aisles of herbal remedies, and looking for quick answers to find the products you need without hassle. Looking to switch gears and start preventing illness instead of just treating symptoms. Interested in learning how to treat the cause of sickness rather than merely mask symptoms. Fed up with traditional medicine and looking for a more holistic approach to your health and well-being. Then this is the right book! I know how confusing it can be weeding fact from fiction in the natural health field. In fact, walking into a natural health store can be daunting, only because there are so many products to choose from. How do you know which is best for you? And finally, there is a book created just to show you everything you need to know about preventing and treating disease naturally. Here is just a sneak peak at what you'll learn: Learn what herbal remedies are and how you can use them to heal mental, physical and spiritual complaints... Find out how to combine herbal products with traditional pharmaceuticals to enhance your overall wellness... Learn how to use aromatherapy to clear up the common cold and alleviate chronic headaches... Discover our A-Z guide of symptoms and solutions to common problems herbs can treat. Discover what centuries old herb helps strengthen memory and improve your circulation. Find out what natural herbs combat memory loss and help prevent other age related problems. Find out how the ancient Chinese coped with menopause using a simple yet effective herbal remedy. Learn how a natural plant may help strengthen and tone your uterus, improving your fertility and easing child labor and recovery... Discover the #1 calming and soothing herb for gastrointestinal problems, digestive symptoms and even bloating.

The *Natural Remedy Book for Women* is every woman's self-help guide to holistic health care. Part 1 presents ten natural healing options in depth—vitamins and minerals, herbs, naturopathy, homeopathy, cell salts, amino acids, acupuncture, aromatherapy, flower essences, gemstones and emotional healing. Part 2 describes fifty common health issues and diseases and provides a complete list of natural remedies for each illness. As in her previous books, Diane Stein emphasizes self-healing, simplicity, and a return to the ways of the earth.

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

Drawing on the latest medical and scientific research, the coauthor of *The Real Vitamin and Mineral Book* presents an all-natural approach to coping with the symptoms of

menopause, explaining how to use herbs, vitamins, natural hormones, and other supplements to alleviate menopausal symptoms, enhance energy, and promote increased vitality and health. Original.

Simple, safe, and effective herbal remedies for women of all ages. 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.

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.



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For women facing decisions about treatment for the symptoms of menopause, the second edition of this landmark work features a new chapter that addresses the latest findings about hormone replacement therapy. Dr. Michele Moore helps patients make informed treatment choices and offers a balanced account of options that range from traditional medical practice to holistic and alternative approaches. Drawing on her own experience as well the experiences of friends, colleagues, and patients. Dr. Moore provides information about the symptoms of perimenopause, menopause, and postmenopause. Her analysis of treatment options includes lifestyle changes and herbal and homeopathic remedies in addition to allopathic medicine. Above all, she encourages patients to participate actively in their own health care, accept responsibility for their choices, and cope with the consequences of those choices while remaining proactive. She also emphasizes the need for each woman to monitor her health condition closely and to reassess her situation as her health needs change through the years. Sympathetic and authoritative, this helpful book prepares women to deal with the inevitable changes in body, mind, an

Harness The Power Of Natural Remedies! \* \* \* BONUS CONTENT INCLUDED \* \* \*

Are You Ready To Learn How To Improve Your Health And Well-Being With Natural Ingredients, Remedies And Herbs If So You've Come To The Right Place! Herbal medication and natural remedies are a godsend! They are often MUCH cheaper than manufactured medicine and there's no need to pay to get a prescription either... Natural remedies are just as natural intended - minimal to no side effects, low outlay and no restrictions. Ready to learn more? Here's A Preview Of What This Natural Remedies Book Contains... An Introduction To Herbal Remedies - Exactly What You Need To Know Natural Remedies For Overcoming Anxiety Natural Remedies For Treating Colds And Flu Natural Remedies For Inflammation Natural Remedies For Menopause Symptoms Natural Remedies For Skin Problems Natural Remedies For An Upset Stomach And Much, Much More! Knowledge is power! Learn about these fantastic, cheap and most importantly natural herbal remedies to improve your health, happiness and overall quality of life today"

Guilt mingles with relief, leaving Drizzt uniquely vulnerable to the persuasions of his newest companion--Dahlia, a darkly alluring elf and the only other member of their party to survive the cataclysm at Mount Hotenow. But traveling with Dahlia is challenging in more ways than one. As the two companions seek revenge on the one responsible for leveling Neverwinter--and nearly Luskan as well--Drizzt finds his usual moral certainty swept away by her unconventional views. Forced to see the dark deeds that the common man may be driven to by circumstance, Drizzt begins to find himself on the wrong side of the law in an effort to protect those the law has failed. Making new enemies, as his old enemies acquire deadly allies, Drizzt and Dahlia quickly find themselves embroiled in battle--a state he's coming to enjoy a little too much.

Herbal medicine is the study of pharmacognosy and the use of medicinal plants. Plants have been the basis for medical treatments through most of human history, and such traditional medicine is still widely practiced today. If you are interested in getting to know more about herbal therapy, then you are in the right place. This book explains the different herbs and kinds of health problems that can be treated with Native American herbal remedies. This book discusses the following topics: Traditional healers and healing Rules used for collecting plants Herbal remedies to treat illnesses and diseases Medicinal plants that Native Americans used daily This book is extremely useful as it teaches one how to treat illnesses or health problems

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naturally and without any side effects.

This is the Only Book That You will need To give You all in one place information about all the herbal remedies available. Herbal remedies, herbal medicine, natural remedies...call it what you like, it's all the same thing. Once upon a time, herbalism was viewed as the 'hippy' thing to do along with wearing flowers in the hair, but these days it has become mainstream with more and more people turning to herbal remedies to cure ailments and disease and ease discomfort. This book will introduce you to herbs and herbal remedies. We delve into the lore behind using herbs for remedies. I explain the different methods that herbs are used and together we explore an assortment of time-tested herbal remedies. 1. Discover what centuries-old herb helps strengthen memory and improve your circulation. 2. Find out how the ancient Chinese coped with menopause using a simple yet effective herbal remedy. 3. Find out what natural herbs combat memory loss and help prevent other age related problems. Come discover the world of Herbal Remedies with me!

Throughout Europe Vitex is the number one herb used to help relieve the symptoms of female hormonal imbalance--such as depression, cramps, mood swings, water retention, and weight gain--associated with the menstrual cycle. Vitex extracts are also prescribed for uterine fibroid cysts and to help ease the discomforts of menopause This book explains everything there is to know about vitex--both its traditional and modern uses--as well as the latest scientific findings, and information on how to take the herb, whether in the form of liquid, powder, or tea.

If you're looking for a comprehensive and complete list of natural remedies for menopause, then this book is for you! In light of recent studies showing that HRT (Hormone Replacement Therapy) is linked to an increased risk of stroke, blood clots, cardiac disease, and cancer, an increasing number of women have been turning to alternative and natural remedies in order to manage their discomfort in this phase of their lives. But with the overwhelming and sometimes contrary information available on the internet, how does one differentiate the helpful sources from the harmful ones? How does one gain a comprehensive knowledge of the products and therapies that genuinely seem to help, versus the ones that are often touted but rarely work? The answers to all these questions and more are found within this book guide. So are you ready to get rid of the uncomfortable hot flashes? Are you ready to improve your quality of life and your physical well-being by managing the inconveniences of this phase in your life? And are you ready to do all of this in a natural and healthy way? Let's get started!

Coping with Menopause Taking Care Of Your Perimenopause, Hormone Cure, Herbs And Natural Remedies, Hot Flashes, Health, Moods, Sleep, Sex Drive, Weight Lost And The Change For Better. Although every female is familiar with the fact that menopause is a biological course of action in the life of a female, countless are defiant to the time because they suppose it denotes the commencement of the conclusion or the start of elderly age. On the other hand, this is just not correct. Subsequent to menopause, loads of women embark on innovative livelihood and sense healthier than they did earlier than menopause. It is not enough to know the signs or symptoms of menopause, in this book you will be exposed not only to the activities during menopause but what you need to do to make menopause comes up much better so you can enjoy a healthy and fruitful life even at age 50s. Order this book now by scrolling up and clicking Buy Now to get this book now

Offers herbal therapies for women that will ease menstrual cramps, menopause, urinary tract infections, and PMS

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 owen of all ages who want strong bones, healthy hearts, and a long, joyous life without hormones.

You've read what the doctors have to say about menopause. You've heard the experts speak about "the change" on TV talk shows. Now it's time to listen to the women themselves. *Women at the Well: The Many Voices of Menopause* is the only book of its kind to provide a voice for women on the printed page. In this compelling book, women share their firsthand stories of what it's like – physically, emotionally and spiritually – to experience perimenopause and menopause. These are the "women at the well" who stand in a united circle to draw the healing waters of wisdom to share with others. And what they tell us is both heart-warming and heart-rending. They want us to know their struggles. They want us to know what has helped them and what hasn't. They want us to know that menopause is a natural biological process and that they are not crazy. Most of all, they want other women to know that they are not alone. Informative and highly readable, these 33 narratives take us into the personal lives of these ordinary and extraordinary women who share their journeys through this critical life passage. They tell us what it's like physically and dispel the myth that all women have hot flashes and mood swings. While some do experience these symptoms, others don't. "One size does not fit all" when it comes to menopause. As Catharine, one of the women in the book, states, "Often I would feel like a chained horse in the starting gate right before the big race. High anxiety would just come over me. Twice I had to ask my husband to leave a restaurant because I became so anxious and just couldn't sit there any longer." Or as Michelle shares, "The memory loss has been the most difficult for me. Downright embarrassing. I would be in the middle of a conversation and forget what I was saying. The night sweats got somewhat better . . . but now they are getting worse again." But even as these women share their physical and emotional struggles, they manage to find hope and laughter, as Dee Adams writes. The creator of the world famous mid-life cartoon, "Minnie Paus," she shares, "The most valuable thing I have is my sense of humor and I hope to share it with as many women as possible. It really does help to laugh at ourselves . . . things DO improve. I promise!" Or as Dr. Larrian Gillespie, author of many books including *The Menopause Diet*, writes, "One day you're feeling fine and the next day you discover a suicide note from your ovaries on the side of a box of Tampax!" As these women open their hearts, we also learn about other mid-life challenges occurring at the same time as menopause – divorce, caring for aging parents, dealing with an empty nest and looking ahead to their own aging and retirement. While ultimately a woman must make her own decision as to treatment to help alleviate symptoms, these women tell us what has worked for them and what hasn't. Not intended as medical advice, these options range from hormone replacement therapy (HRT) to natural herbs and products. For any husband, significant other, family member or co-worker who can't seem to understand the menopausal woman in their lives, this book will help. Medical and mental health professionals will also gain greater insight about women's menopausal experiences in these accounts. Even more important, perimenopausal and menopausal women – or those women about to enter these stages – will find support and validation in these stories. At this

nurturing well of firsthand information and wisdom, they will find hope. There, they will hear the "many voices of menopause."

From renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated guide to taking charge of your perimenopause. Filled with the latest research as well as practical tips and menus, Gittleman also incorporates timely information, especially pertaining to Hormone Replacement Therapy. Learn How You Can head off Depression and Mood Swings, Weight Shifts, Erratic Sleep, Memory Loss, and Other Changes Leading to Menopause. Take charge of your perimenopause simply, safely, and naturally! This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself. By following the author's proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through this vital phase of your life. With this essential do-it-yourself program, you can say good-bye to hormone havoc and sail through your perimenopause, the period of about ten years leading up to menopause, by understanding and controlling its symptoms. Before the Change.

.clearly explains the symptoms of perimenopause and offers a self-diagnosis quiz;

.details safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs and natural hormones.gives you a powerful Changing Diet, with tips and recipes for foods that prevent and alleviate symptoms

With opioid dependency at epidemic levels, Catherine Browne, a doctor of acupuncture and Oriental medicine, provides an accessible and practical guide to the effective use of natural therapies in helping people wean off opioids, manage withdrawal symptoms, and address pain without opioids. Drawing on her extensive clinical experience, Dr. Browne explains how Chinese medicine, acupuncture and acupressure, herbs, essential oils, nutritional supplements, meditation, and exercise can be used to address addiction and restore the body to optimal functioning. Individuals and families who are struggling with addiction, as well as medical practitioners and holistic healthcare professionals, will find help and encouragement in Dr. Browne's detailed protocols and advice for integrating natural therapies with traditional medical treatment.

Over 100 Recipes for Health and Healing There have been many books written on herbal medicine. This book differs from most because it is based on the empowerment model, which aims to help people take responsibility for their own health. Houghton helps readers tackle everyday ailments and takes the guesswork out of using herbs to keep them feeling well. Herbal medicine is useful for a range of common complaints, and gentle and effective herbs can offer benefit where conventional medicine sometimes fails. Included in this concrete and practical primer are all the essentials you need to know about healing herbs and their properties. Among the topics covered are: A brief history of herbalism An overview of how herbs heal An herb glossary that includes how to use herbs and the benefits of each The body's systems and the herbs that make them work better An herb dictionary In a world that is becoming more and more illness and disease focused, it is clearly important for individuals to learn about natural therapies and take their health into their own hands. By educating yourself in the use of traditional herbalism, you can attain a high level of wellbeing, and you will only need to consult a conventional doctor when you have a problem that only a medically qualified professional can handle.

Understand the menopause with all its changes and challenges and choose practices



and treatments, brought to you by a team of experts, to make this next stage in your wellness journey healthy and positive. Find the right combination of resources for you - to stay physically, mentally, and spiritually well throughout the menopause. Your journey is unique. This insightful e-book will help you find the right combination of resources that work for you. It includes: - Specialist expert writers for each section of the e-book - HRT, Natural Remedies, Exercise, Nutrition and Mental Wellness - Practical strategies on how to manage menopause naturally and make it a more positive, empowering experience - Symptom Finder in the introductory pages to help direct you to the correct section in the e-book Coping with menopause can be tough, draining and sometimes utterly debilitating for women. For years it has been seen as an illness that needed to be cured. Natural Menopause takes a different approach. Throughout the pages of this calm, authoritative, beautiful reference book, you'll be able to learn about the natural process menopause. Explore an extensive collection of natural menopause remedies and complements to hormone replacement therapy. Adopt yoga poses to reduce stress and help you sleep. Use essential oils to manage mood swings and soothe headaches. Discover detoxifying foods that aid weight management and regulate hormones. Find the best exercises to boost your mood and energy levels. Finally, use CBT and mindfulness to relieve anxiety and calm hot flashes. Embrace the Change Filled with a wealth of invaluable information, this book will help you stay physically, mentally, and spiritually well throughout your menopause journey. It's perfect for women over 40 who are already invested in natural wellness and want to apply the same principles to their menopause.

More than 40 million women in the United States are now experiencing menopause, and it is affecting their sex drive, energy level, and emotions. This book explains how Chinese medicine can aid in the diagnosis, treatment, and prevention of menopausal problems, restoring balance to a woman's body. Topics covered include Chinese self-care and home remedies and information on Chinese dietary therapy, exercise, and deep relaxation.

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.

The Herbal Menopause Book Celestial Arts

"FOR THE WOMAN WHO IS IN ON, OR ABOUT TO HIT MENOPAUSE" You need to arm your self quick, to handle and cope with this phase of your life. And this book will do just that!

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What you will learn This book has been organized into six parts, so you can head to the topic that interests you the most: Chapter I: Menopause Defined – This chapter will help you know what menopause is, and why women experience it at one point in their lives. It will also give you an overview on what happens in a woman's body before, during, and after menopause. Chapter II: Coping with Early Menopause – Not every woman goes through menopause at the expected age range. There are certain factors that can cause a woman to experience early menopause, such as after a surgical procedure. Chapter III: Familiarizing Yourself with the Symptoms – There are many symptoms associated with menopause, but how do you know if it is really the cause of those hot flushes and headaches? Chapter IV: Sex Life and Menopause – Going through menopause does not mean you will no longer appreciate sex. Chapter V: Alternative Non-Hormone Therapies – Hormone therapy is a controversial treatment plan because of the possible negative effects on the woman's body. If you are concerned about its effects, then you can consider the many alternative options available that do not require using hormones. Chapter VI: Menopausal Myths Busted – There are a lot of misconceptions about menopause that continue to brainwash a lot of people until today, and you should not be one of them. Get informed and check out these myth busters. After reading this book, you will learn that menopause is a natural process that involves different stages. It will also talk about the controversial and alternative approaches that can help protect you from the health risks associated with menopause. Always remember that you deserve to be happy, and be well-informed on what is happening in your body as you continue to enjoy life. Menopause is not a medical condition Nobody is going to die from menopause or any of its symptoms. However, women die every day from the effects of low estrogen levels. Your risks of certain health problems rise after menopause. It is true that estrogen has a role in a woman's overall health, including protecting your organs, slowing down degeneration, and increasing your immunity. The transformation caused by menopause impacts your health in significant ways, and this book will help you understand the story behind each symptom and disease. **DOWNLOAD YOUR COPY TODAY!**

Profiles a range of traditional and alternative options for treating menopause symptoms, in a volume that dedicates each chapter to a specific condition or therapeutic approach, from hormone replacement therapy and osteoporosis to Chinese medicine and yoga, as evaluated by top field experts. Original. 12,000 first printing.

Updated to include new research and findings on such therapies as Black Cohosh and HRT and recent evidence of cancer risks, this resource focuses on herbs, nutrition, and other natural approaches that offer a holistic plan for wellness during menopause. Original.

This book is part of a life-long study on herbs for natural healing, and magickal uses.

Everything is in one book, easy to read and use. I include most every healing herb, it's scientific name, it's healing uses, and it's magickal uses. This book will be invaluable to anyone who practices homeopathy or Pagan religions.

Have you ever wanted to know more about herbal remedies, but, are unsure who to ask? If you would like to know more about the powerful effect that herbs can have on the human body and their increasing use by the medical community, then this book is essential reading for you. Herbs have always played a part in human medicine; they are known to have been used in China and in India for thousands of years. More recent research is showing that they have a place within modern medicine; the more research and trials which are completed the more it is becoming apparent that herbal remedies may have the solution to some of the most deadly diseases in the world. There are several herbs which potentially have the power to inhibit, prevent and possibly even cure cancer although more trials are essential. This book seeks to introduce you to the world of herbal remedies, in particular what classifies as a herbal remedy, where they originated from and the main uses of each herb which are already known about. The book will also introduce you to the concept of adaptogens and explain what they are and

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what they are capable of doing. You may be surprised at just how effective herbs can be at reducing pain and curing a wide range of ailments, many illnesses which are currently treated using traditional medical knowledge can actually be resolved by using the right herbal remedy. This book may not be able to cover every single herb available but it does cover the main ones; including herbs which can help to regulate the adrenal glands and ones which work in the thyroid. Both the adrenal glands and the thyroid glands are critical to a healthy body and mind; many of the times when they are not working properly can actually be attributed to other imbalances in the body. These imbalances can be corrected with the right mixture of herbs; stimulating the body to use its natural resources whilst blocking damaging responses and allowing the body time to heal. Herbs can even play a part in balancing the hormones; whether the imbalance is a result of the menopause or other reasons. There is a huge range of herbs which can help to balance the hormones in your body, this book highlights the common ones and how they help as well as the best method for taking these herbs. Finally there is a section on the most popular herbal remedies and what they are useful for; you may be surprised at the options available! In fact, the book covers many different herbal remedies, all of which have a beneficial effect on the human body. You are likely to be surprised and amazed by the amount of options available and the fact that this is an ever expanding field as more research and clinical trials are completed. Herbs can and do play a vital part in preventing and curing illness; the next time you feel ill you may wish to consider the effect of some of these herbs on your body and how they can be beneficially to your recovery.

Suggests natural remedies for the symptoms of menopause, including depression, fibroids, hot flashes, irregular cycles, osteoporosis, and dysmenorrhea

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