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Natural MENOPAUSE

The Complete Guide

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*"Natural Menopause offers the most authoritative
and wide-ranging explanation of the basics of
menopause yet published."*

—The San Francisco Chronicle

Susan Perry • Kate O'Hanlan, M.D.

Natural Menopause The Complete Guide Revised Edition

**Arthur James Roberts, Mary E.
O'Brien, Genell J. Subak-Sharpe**



Natural Menopause The Complete Guide Revised Edition:

Natural Menopause Susan L. Perry, 1997 *Your Body Can Talk, Revised 2nd Edition* Susan Levy, D.C., 2014-09-29 This book about the art and application of Clinical Kinesiology introduces the energetic system that links mind and body. It shows how the body can talk and therefore be used as a diagnostic tool and to determine which healing approach will best suit an individual. Clinical Kinesiology allows us to interpret this new body talk. This method of muscle testing reads the body's innate wisdom when asked a question or presented with a stimulus; the muscles respond clearly either strongly or weakly. This system, which expedites the application of acupuncture, also helps realign the body's energy imbalances. Readers will find specific methods of fighting disease that emphasize the dangers of unnecessary drugs, antibiotics, and immunization and the need for a fortified immune system, especially through natural foods. Other topics include rebuilding the body's ecology after an overgrowth of unhealthy bacteria or Candidiasis; how to maintain the integrity of the energy system through minimizing exposure to unhealthy electromagnetic fields or EMFs; optimal health for women and issues of men's health. New material in this 2nd edition includes an extensive chapter on children's health which addresses pregnancy, birthing procedures, and breastfeeding, and illustrates a road map for giving your children and children yet to come the best potential for optimal health.

Natural Menopause Susan Perry, Kate O'Hanlan, Sharen Jones, 1996-12-17 The San Francisco Chronicle called the first edition of *Natural Menopause* the most authoritative and wide-ranging explanation of the basics of menopause yet published. Now in this newly revised edition, authors Susan Perry and Kate O'Hanlan include all the latest information on hormone replacement therapy and breast cancer, as well as new studies on menopause and osteoporosis, heart disease, Alzheimer's, depression, exercise, diet, and malnutrition, natural remedies, skin patches, and much more. Without minimizing the discomfort many women experience, Perry and O'Hanlan show that good nutrition, a good exercise program, and good sex are often the best prescriptions, and that hormone replacement therapy carries risks and should be taken only after careful and informed deliberation. *Natural Menopause* is the comprehensive reference every woman should turn to before and during menopause for a safe and healthy passage.

Feminist Bookstore News, 1996 **The Consumer Health Information Source Book** Alan M. Rees, 1994 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 sixth 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 of each resource and how to best use it.

Feminist Collections, 1992 *Midlife Mamas on the Moon* Sunny Hersch, 2003 A fun, inspirational guide to positive choices for women over 40. Packed with useful checklists, honest personal stories, and no-nonsense resources, this book has the latest information on health, sex, and hormones and shows how to transform relationships, finances, and careers.

Body & Soul Linda Villarosa,1994 Written by black women for black women and sponsored by the National Black Women's Health Project here is an honest straight from the heart guide reminiscent of *Our Bodies Ourselves* that addresses the physical emotional and spiritual health issues and concerns of black women today Linda Villarosa is a senior editor at *Essence* magazine 175 photos and illustrations

Dr. Susan Love's Breast Book Susan M. Love,2000-09-20 The landscape of breast cancer has changed New non invasive diagnostic techniques new knowledge about prevention new genetics new treatments new alternative and complementary resources are beginning to turn breast cancer into a chronic and perhaps preventable disease Dr Susan Love whose earlier work has won the trust of women all over this country and abroad has entirely revised her indispensable guide to reflect the very latest information Readers of Dr Susan Love's *Breast Book* will learn of the recent breakthroughs in genetic research of Dr Love's own work in developing a less invasive and highly accurate diagnostic technique of the latest studies into preventive measures such as tamoxifen and dietary strategies and of promising outcomes from new treatments for metastatic cancer In the same warm supportive and often delightfully candid tone that has brought confidence to millions of women Dr Love helps each reader plan her own path through diagnosis treatment options and the changing world of HMO's and insurance She also offers sound advice about combining alternative self care with topnotch medical help

The Publishers Weekly ,1897

Energy Medicine For Women Donna Eden,David Feinstein,2012-03-22 For more than three decades Donna Eden has been teaching people to understand the body as an energy system to recognize their aches and pains as signals of energy imbalance and to reclaim their natural healing capabilities In her long awaited new book Donna speaks directly to women showing them how they can work with energy to tackle the specific health challenges they face She reveals that a woman can manage her hormones by managing her energies and also use energy medicine to treat a host of health issues From PMS to menopause from high blood pressure to depression the book offers easy to follow solutions to women's health issues that traditional medicine often fails to provide Blending a compassionate voice with a profound grasp of how the female body functions as an energy system Eden presents what is sure to become a classic book on the subject of women's health

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and healing foods offer an effective safe alternative to traditional prescription drugs and are a great way to maintain or improve your health In this comprehensive authoritative guide Dr Arthur J Roberts Dr Mary E O'Brien and Genell Subak Sharpe combine the wisdom of conventional and alternative medicine to help you choose the nutraceuticals best suited to your individual needs Based on solid scientific evidence the wealth of information contained in this book is organized by nutraceutical as well as by medical condition

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