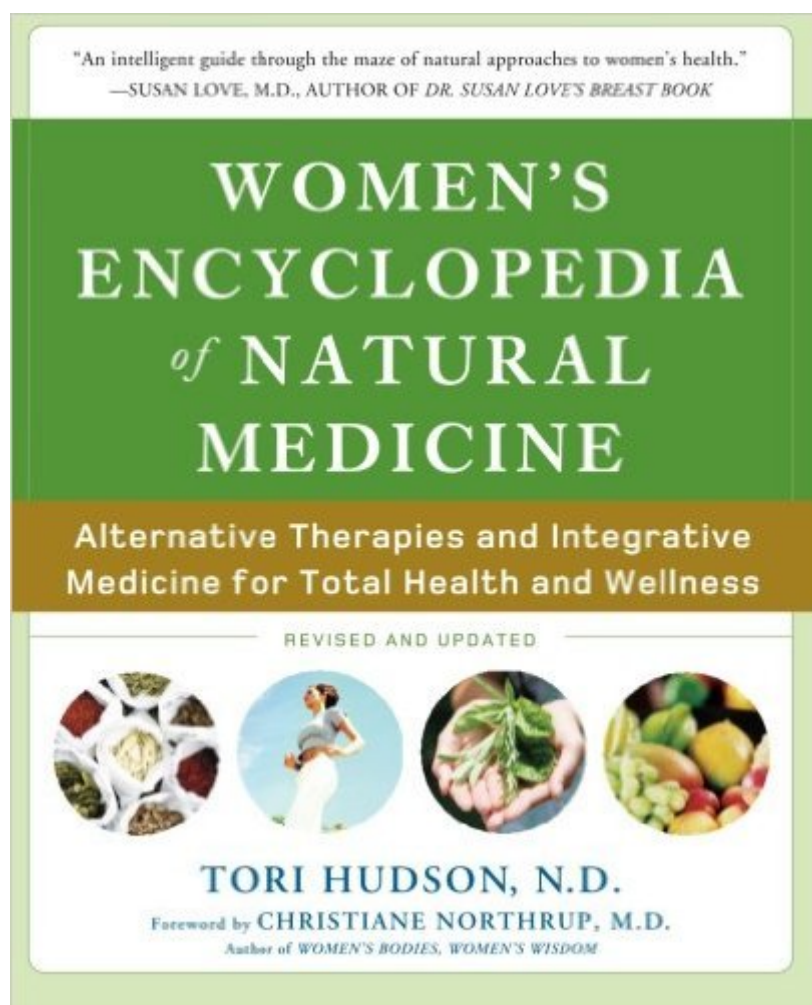


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# Women's Encyclopedia Of Natural Medicine: Alternative Therapies And Integrative Medicine For Total Health And Wellness



## Synopsis

Use the power of nature to heal your body and enjoy a lifetime of good health In Women's Encyclopedia of Natural Medicine, naturopathic physician Tori Hudson shows you how to safely and effectively combine conventional and natural medicine to maintain health and address specific medical conditions. Her groundbreaking work offers sound information on complementary therapies such as bio-identical hormones, vitamin supplementation, herbs, diet, and exercise and helps you make informed choices about your health. Learn how to: Treat a whole range of female health issues, from contraception to menopause, heart conditions to infections Safely integrate alternative therapies with traditional medicine Determine when you should seek a practitioner's help And much more Compassionate and authoritative, Women's Encyclopedia of Natural Medicine demonstrates that an informed, integrative approach to staying well is often the best medicine. "This is a book that should be in every woman's health library and every alternative practitioner's library. It is a resource for the new breed of conventional practitioners who are open to a more integrative health-care system." --Christiane Northrup, M.D., author of Women's Bodies, Women's Wisdom

## Book Information

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## Customer Reviews

This is an exceptionally well-researched and well-written book covering the most common medical problems for women, how to prevent them and how to treat them the natural way. I am particularly impressed with the author's broad knowledge of biochemistry, medical conditions and her reliance on hard data from published studies. If you're tired of the side-effects of chemical drugs you'll find plenty of sound advice and alternative therapies backed up by scrupulous research. This is a great

stand-alone volume on the subject but it also complements other books on women's medical conditions written from traditional medical viewpoints.

After years of experiencing excruciating periods, I was diagnosed with endometriosis. I have been searching for months to find natural alternatives to hormone therapy and another laparoscopy. I found it in this book. It contains more information on endometriosis than any other resource I have looked through. It also provides thorough dietary suggestions and nutritional supplements. It offers an alternative to the more extreme therapies. While I was looking to this book for a specific condition, it also contains a wealth of information on the various ailments that women suffer from, as well as suggestions for women's overall health. I highly recommend it to anyone looking to feel better, naturally.

I have read several books on women's health. I was disappointed in this book after reading all these nice reviews, I had higher expectations. I have to say that "Healing Outside the Margins: The Survivor's Guide to Integrative Cancer Care" by C. Hendricks, "Encyclopedia of Natural Medicine" by M. Murray and J. Pizzorno, "God's Medicine Is Best (herbs, vitamins and minerals)" by L. Wise or "The Natural Pharmacy: Complete Home Reference to Natural Medicine" by S. Lininger; these books give more practical information than Women's Encyclopedia of Natural Medicine and by far turned out to be more helpful.

the topics in this book aren't pleasant ones to read about so it's not a fun book per se but it's a valuable resource. i've always been drawn to naturopathic doctors since they look at the whole person and treating the root cause of the issue, not just covering up the problem or treating the symptoms. this book is written from that perspective. for me and what i was interested in, this book provided good information including and explanation in easy to understand terms and in the manner that the doctor may convey the issue to you. also, there's clear guidance on how to prevent and treat the condition. i plan on reading through other sections for general information purposes. i like that this doctor didn't push certain brands of products or recommend things that were hard to find or unreasonable for the average person to do. it's very practical. also, she doesn't shun traditional medicine, meaning she explains how traditional medical procedures may come into play for various conditions. as much as we'd like to avoid them, traditional doctors do help identify and play a role in healing from some of the issues we as women face. this book just broadens your base of knowledge so you can find a solution that's good for you. i would recommend this book as an

important part of a woman's health and wellness library.

I am so obsessed with this book! I have quite a few natural medicine books and this is one of my favorites. As a woman it covers just about any question I could ever have about a woman's body and the issues we face. I have found it much more beneficial to look up my symptoms or find at home remedies in a book versus searching on the internet and sifting through some fake and some scary stories. Let the professionals help heal you and this book does exactly that.

Dr. Tori Hudson is one of the heroes of women's health. Not only does Hudson go into detail of symptoms of diseases, she lists both holistic and conventional medicine as treatments. This book is one of my new women's "bibles" alongside books from Diane Stein and Dr. Christiane Northrup. I found her by accident, as I purchased her brand of holistic medicine at the health food store recently. So I looked her up, and found this wonderful book. If you are a woman and you want to be healthy, you need this book.

I really like this book I refer to it whenever someone in my family has symptoms or has gone to a doctor and can't afford the medication. It helps you understand how the home remedies will help, it is not just a book that tells you to go buy all kinds of herbs then blend them together and drink. It tells you how everything you are putting in your body will affect you internally.

After researching a specific medical concern, several bloggers with a health and well being focus recommended this book. I wanted an alternative perspective from the advice of my MD. This book is fantastic! It covers a wide range of female concerns from pregnancy to menopause. Tori Hudson does a great overview of each medical concern, shares steps for prevention as well as outlines treatments. Treatments are broken down by topical, systemic, constitutional and includes initial and maintenance plans. I found this book so helpful in helping me understand my individual medical concern as well as giving me the tools needed to talk to my MD about alternative treatments. This book is a must for women of all ages!

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