

Natural Answers for Women's Health Questions: A Comprehensive A-Z Guide to Drug-Free Mind-Body Remedies

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Abstrak

With the increased popularity of natural remedies, more and more women are looking for clear, authoritative information on how to use these applications for specific health problems. What will help severe allergies? How do the major hormonal events in a woman's life -- from puberty to post-menopause -- affect symptoms and treatments? What's the real story on hormone-replacement therapies? Do birth-control pills increase the risk of breast cancer or not?

In this one-stop reference, D. Lindsey Berkson provides clear explanations and natural solutions. Organized in a straightforward A-Z format and covering more than 200 health conditions with advice focused entirely on women's distinctive needs.

Each entry provides an explanation of the condition, lists common and uncommon symptoms, notes likely causes, and includes a section of uniquely female concerns highlighting the role of hormones. Sensible health-promoting strategies are spelled out: which foods to eat, which foods to avoid, which dietary supplements to take, and which exercises to do, as well as how meditation and visualization can help. Each section includes complementary medicine tests to discuss with your doctor.