

Natural Health for Women: Self-help and Complementary Treatments for More Than 100 Ailments

MacEoin, Beth, author

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Abstrak

More women today want natural homeopathic remedies that address their special health issues. This concise and compassionate guide offers details on 25 of the most popular homeopathic therapies and treatments for more than 100 common women's ailments. Topics include eating disorders and addictions, anxiety and panic attacks, reproductive issues, depression, and correcting hormone imbalances and strengthening the immune system. Women will learn to prepare natural tonics, blend their own herbal infusions, and find out how these remedies can work alongside conventional medical treatment. Courses of action encompass breathing and relaxation techniques, aromatherapy, Eastern and Western herbal treatments, creative, manipulative and active therapies, nutrition and exercise, and more, all designed to give women more options for taking care of their health.