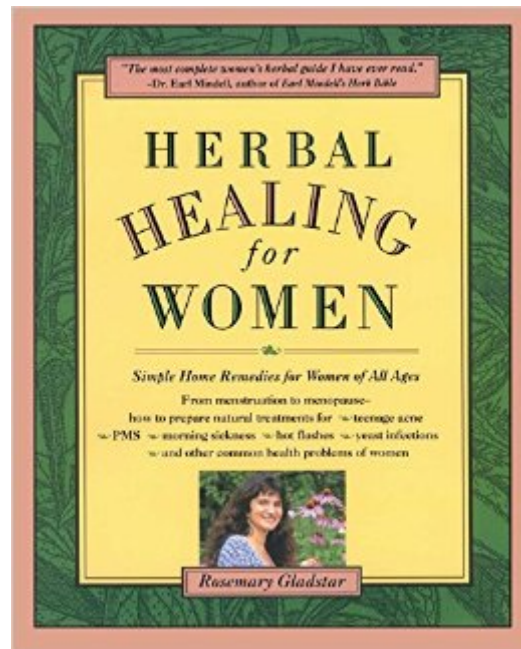


The book was found

Herbal Healing For Women



Synopsis

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.

Book Information

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Customer Reviews

Rosemary Gladstar has a winner with *HERBAL HEALING FOR WOMEN*. She begins with a simple premise--women have needs different from men. Women, cannot escape the calendar, the seasons, and nature in general. Men don't experience menses, bear children, or go through menopause. Herbs that ease the pain women know first hand can only be seen as Goddess-sends

if you will. Because men and women are different, not all the herbs that work for men will work for women--and vice versa. Unfortunately, not too many "herbalists" clearly acknowledge this in their various books. In many herbal books and manuals you have to dig to find the information specific for age and sex, but Gladstar has arranged the female part in logical categories associated with the various phases of a woman's life. For example, Black Cohosh (*Cimicifuga Racemosa*), Linseed oil, and Isoflavins contain phytoestrogens and are used in Europe to alleviate the symptoms of menopause. Since the side effects of some of the regularly prescribed synthetic estrogens derived from mare's urine are not only acquired in despicable ways (ask PETA) but are dangerous to your health (don't believe me? read the little piece of paper that comes with your prescription) you might consider alternatives. I have and am here to say that some of the unhappy consequences I experienced from the over-the-counter drug are a thing of the past. As part of my Master's Degree program (I am a sociologist-demographer), I studied mortality, morbidity, and biostatistics at Georgetown University and learned how to read biomedical research. I have maintained a personal interest in, and spent the last 30 years keeping up with, medical studies about women's issues.

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