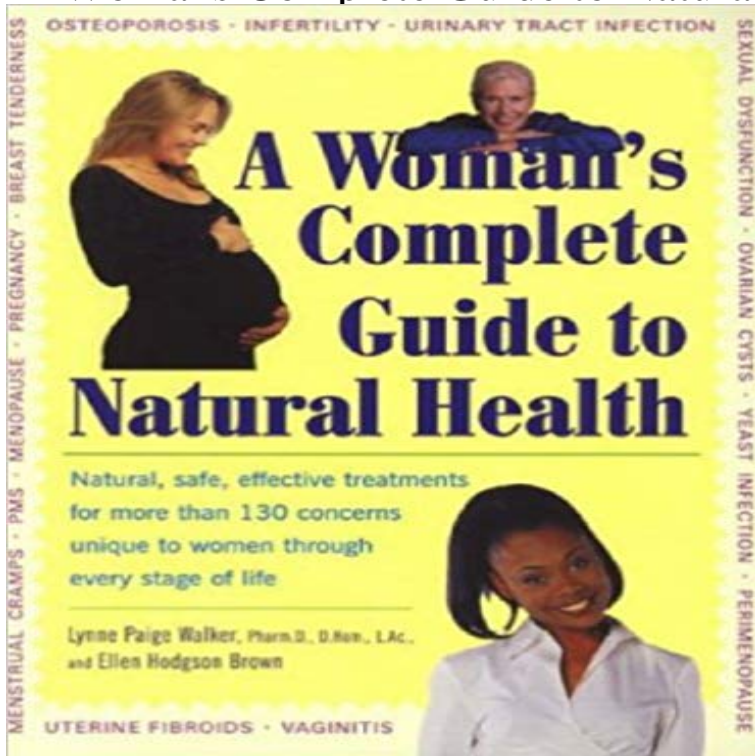


A Womans Complete Guide to Natural Health



The most comprehensive and up-to-date A-to-Z reference to natural treatments for women. For ten years, Lynne Paige Walker worked as a pharmacist. Dissatisfied with conventional medications and their side effects, however, she left traditional medicine and became a practitioner of alternative medicine. Here she found that nature offered all the treatments she needed-without the side effects. In Natures Pharmacy for Women, Walker and Brown combine their experience in conventional and alternative medicine to create a comprehensive, accessible guide to natural healing that addresses the specific needs and concerns of women at every age and stage of life. Beginning with an overview of womens bodies, their hormones, and a variety of natural approaches designed to keep them in balance, the book then reviews more than 140 of womens most common complaints, explaining each illness, its associated symptoms, and the safest and most effective treatments. Drawing from and comparing a number of treatment options-including drugs, herbs, nutritional supplements, homeopathic remedies, Chinese patent medicines, flower essences, and essential oils-this reference allows women to choose the most appropriate and safest therapies for their individual needs.

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