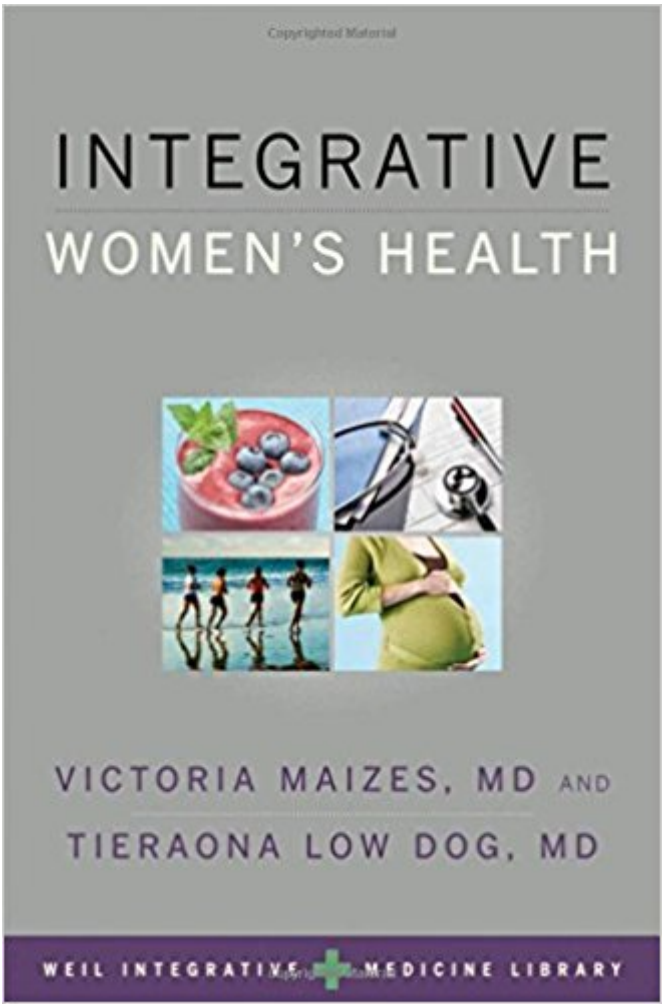
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Integrative Women's Health (Weil Integrative Medicine Library)



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Synopsis

Women have made it clear that they desire a broader, integrative approach to their care. Here, for the first time, Integrative Women's Health weaves together the best of conventional treatments with mind-body interventions, nutritional strategies, herbal therapies, dietary supplements, acupuncture, and manual medicine, providing clinicians with a roadmap for practicing comprehensive integrative care.Presenting the best evidence in a concise, accessible format, and written exclusively by female clinicians, this text addresses many aspects of women's health, including feminine perspectives on aging, spirituality and sexuality, specific recommendations for the treatment of cardiovascular disease, rheumatoid arthritis, HIV, headaches, multiple sclerosis, depression, anxiety, and cancer, as well as integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis. Homeopathic, Ayurvedic and traditional Chinese medicine practitioners provide insight into the ways in which these systems manage reproductive conditions. As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, but they also go beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing.

Book Information

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Customer Reviews

"For practitioner seeking a basic introduction to integrative medicine as it relates to women, this is a

good starting guide. The book covers lifestyle contributors to health and wellness (nutrition, dietary supplements, physical activity, mind-body therapies), world systems and philosophies related to disease (traditional Chinese medicine, energy medicine, homeopathy), reproductive health (premenstrual syndrome, the role of stress in infertility, chronic pelvic pain, menopause), and common illnesses in women (urinary tract infections, headaches, anxiety, eating disorders, osteoporosis). Concise sectioning of information in the chapters and good tables are the highlight of this book. There is much innovative information as it relates to the mind-body connection in health."--Doody's "Integrative Women's Health resonates with warmth, care, and empathy, from the foreword by series editor Andrew Weil, MD, to the editors' introductory chapter and epilogue, and throughout the contributing authors' chapters...Written by women, primarily for women, this book provides a powerful and practical set of guidelines for an integrative, celebratory, whole person approach to women's health." --HerbalGram"For practitioner seeking a basic introduction to integrative medicine as it relates to women, this is a good starting guide. The book covers lifestyle contributors to health and wellness (nutrition, dietary supplements, physical activity, mind-body therapies), world systems and philosophies related to disease (traditional Chinese medicine, energy medicine, homeopathy), reproductive health (premenstrual syndrome, the role of stress in infertility, chronic pelvic pain, menopause), and common illnesses in women (urinary tract infections, headaches, anxiety, eating disorders, osteoporosis). Concise sectioning of information in the chapters and good tables are the highlight of this book. There is much innovative information as it relates to the mind-body connection in health."--Doody's "Integrative Women's Health resonates with warmth, care, and empathy, from the foreword by series editor Andrew Weil, MD, to the editors' introductory chapter and epilogue, and throughout the contributing authors' chapters...Written by women, primarily for women, this book provides a powerful and practical set of guidelines for an integrative, celebratory, whole person approach to women's health." --HerbalGram

Victoria Maizes, MD, is Executive Director of the Arizona Center for Integrative Medicine at the University of ArizonaTieraona Low Dog, MD, is the Director of the Fellowship at the Arizona Center for Integrative Medicine at the University of Arizona

There's a lot of good information in the book about balancing your life, some good tips on diet, use of supplements and importance of exercise. Several good authors included. Overall a good resource. There is quite a bit of repitition from one chapter to the next so it could be condensed.

I ordered Integrative Women's Health for a handy reference. I am impressed with the rigorous medical information with differential diagnosis, diagnostic criteria, and treatment, along with the CAM discussions. I will use this reference often in my work with patients and with teaching students.

A well written easy to read approach to women's health from an integrative medicine perspective. Applicable to professional health care providers and those who just have an interest in a holistic approach to their own health or women's health in general.

The book was exactly as described.

I was very pleased with this purchase. The books condition was like brand new and deliverytime was quick. The book itself is a bit too general for me, covering many topics briefly.Still worth its price as a reference.

Good book. I look forward to it advancing toward being equivalent to general Integrative Medicine by David Rakel. Thanks for quick reference text!

I,m sure this is a great book but its like a collage book , alot of extra word and not getting to the imformation I need ,I bought nutrition for dummys instead love the book!

fast shipping. Kelly needs it , have a good experience. I have never owned an actual bread product before but since I have started making my own bread, none of the knives I had were long enough to do a good job so I ordered this one. It is amazing. It's long enough for any loaf you may need it for and absolutely no difficulty is creating a smooth, even slice of bread. I would recommend it to anyone who is thinking of getting a good bread product. good product .

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