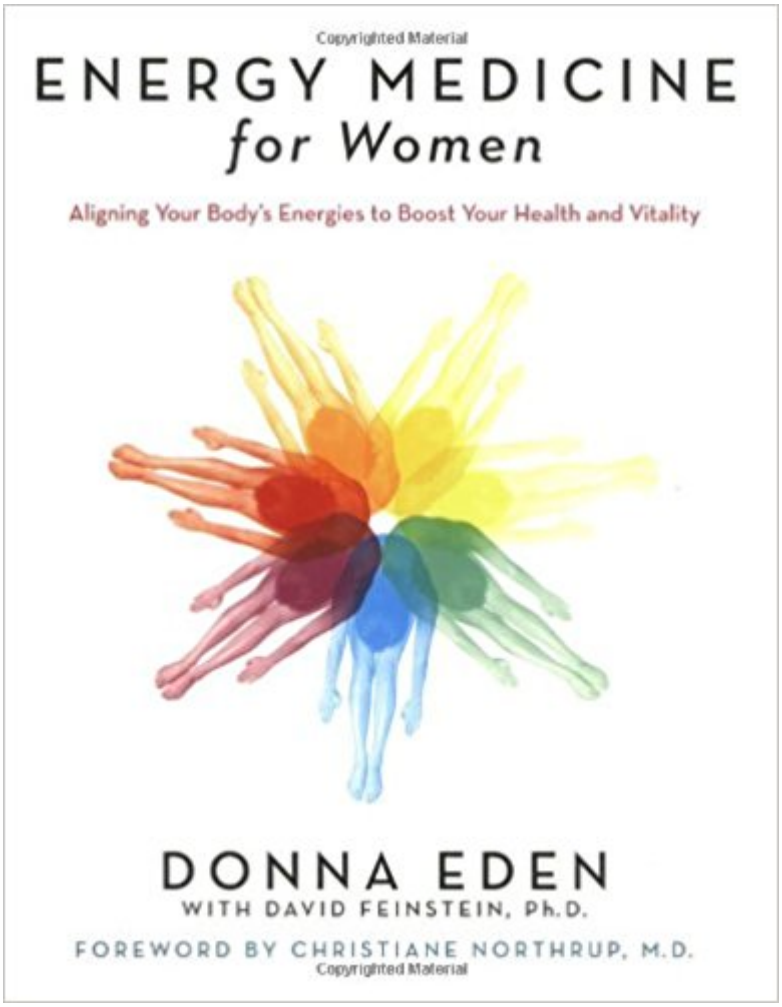
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Energy Medicine For Women: Aligning Your Body's Energies To Boost Your Health And Vitality



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Synopsis

"Even the most hard-nosed doctor will admit that some people have a healing presence that makes us--and our immune systems--better than before. Donna Eden is one of those rare healers."--Gloria SteinemEnergy Medicine for Women was awarded the prestigious 2009 Nautilus Gold Award in the Health, Healing & Energy Medicine category.A womenÃ¢â ¬â„¢s guide to using energy medicine to promote and maintain optimal physical and mental well-being.For more than three decades, Donna Eden has been teaching people to understand the body as an energy system, to recognize their aches and pains as signals of energy imbalance, and to reclaim their natural healing capabilities. In this long-awaited new book, Eden speaks directly to women, showing them how they can work with energy to tackle the specific health challenges they face.Hormonal health is essential to a womanÃ¢â ¬â„¢s well-being, and in this groundbreaking book Eden reveals that a woman can manage her hormones by managing her energies. In fact, energy medicine is effective in treating a host of health issues. From PMS to menopause, from high blood pressure to depression, it offers solutions to womenÃ¢â ¬â„¢s health issues that traditional medicine often fails to provide. In Energy Medicine for Women, Eden shows women how they can work with energy to strengthen their immune, circulatory, lymphatic, and respiratory systems to promote health, vitality, and inner peace. Blending a compassionate voice with a profound grasp of how the female body functions as an energy system, Eden presents what is sure to become a classic book on the subject of womenÃ¢â ¬â„¢s health.

Book Information

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Customer Reviews

Eden (Energy Medicine) conducts workshops and lectures on the ancient practice of healing the body via its own energy systems. The first two chapters of her latest book serve as a primer, introducing nine basic energy systems, including the chakras, the meridians and the aura. Eden explains how keeping these energy systems balanced and flowing can help prevent illness, promote well-being and aid the body in self-healing. She also notes that while energy healing has been labeled an alternative method, its influence and importance has been increasingly recognized by research scientists and mainstream physicians. Eden then delves into a fascinating chapter-by-chapter discussion of health issues of interest to women, ranging from hormones, menstruation, sexuality, pregnancy and fertility to menopause and weight management, with accompanying energy exercises related to each topic. Included are tips to relieve PMS symptoms and hot flashes, techniques that get sexual energy flowing and a variety of movements designed to maintain overall energy balance. Proponents of energy work will no doubt welcome Eden’s new book, and open-minded readers unfamiliar with the concept of energy medicine may be lured by methods that are noninvasive, free of charge and freely available at one’s own fingertips. (Aug.) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Eden delivers an excellent, comprehensive guide to a unique combination of ancient Eastern and modern Western health-care techniques."--PUBLISHERS WEEKLY"This book is a gold mine of information for people practicing or teaching energy-based body work. After more than three decades of practicing and teaching energy healing, the author has plenty of tools to pass along. She does so very clearly, elaborating with personal stories and scientific research."Ã¢â ¬â •Anna Jedrziewski, New Age Retailing"Even the most hard-nosed doctor will admit that some people have a healing presence that makes us--and our immune systems--better than before. Donna Eden is one of those rare healers."--Gloria Steinem"It’s time for minds to open and bodies to heal. Read, listen and explore your intimate ghealing abilities."--Bernie Siegel, M.D., author of Love, Medicine and Miracles"Donna Eden is one of the most joyous and effective pioneers in the rapidly expanding and vitally important frontier called energy medicine. This book, the classic in hands-on energy medicine, is an enormously practical guide that sings with compassion, integrity, and wisdom."--Christiane Northrup"Donan Eden’s body-energy work is perhaps the most brilliant, comprehensive and effective system in the genre that I have ever seen."--Jean Houston, The Possible Dream"Donna Eden’s wonderful book gives women a heartfelt and very useful guide to restoring their female health and balance through effective, energy-based therapies."--Susan Lark,

M.D.Ã Â

Just opened the book an hour ago. Read the first chapter and started into the exercises in the second.I honestly did not know how I was going to feel about this. I have tried so many supplements and "alternative therapies", including several thousand dollars with a naturopath to see temporary but fleeting results. I've been experiencing deep depression and anxiety over the last week, but in and off since high school. Two exercises in with this book and I am convinced. I will be "connecting heaven and earth" morning, noon and night for the rest of my life. I'm in awe of how I feel right now.I feel energy I haven't felt in 3 years... But since I just did this at night, I'm really hoping I can go to sleep!Do yourself a favor and try this. If it really doesn't work, then you wasted $30 tops. If it does, you could save yourself thousands of dollars and months/years...

As an MD frustrated with frequent harm inherent in so many of the treatment options I see prescribed for my patients by other physicians or faced with my training that pushes interventions rife with risk of harm, I am exceptionally pleased to see wise and non harmful options that are effective far beyond expectations and invariably NON harmful. From an obviously well meaning and experientially blessed wisdom, Ms Eden repeatedly offers practical and insightful techniques that are only challenging because of what I would call Western and Ivory Tower prejudice, and my educational background has Ivory Tower written all over it. If you have any stress related illnesses, want to embrace your own body's wisdom or you treat patients in any capacity, I strongly encourage you to invest in this body of teaching. It can change your life if only you drop preconceptions and try it. It should help that this western interpretation is based in thousands of years of traditional Chinese medicine that hasn't prevailed as complimentary medicine by chance.

I have been fighting illness for years and using Energy Medicine along with Meditation has turned my life around. The 5 minute daily routine is an instant euphoric boost and that alone has healed me so much. I'm so happy I came across this book. Every woman needs a copy. Energy medicine is exactly what the world needs!

I have been hearing about Donna for a long time. am also in healing arts. and to tell you the truth, even though I had gotten lots of training, certificates under my belt in energy work, nothing really stuck with me. Was leary about spending yet more money on another healer's method, but something kept speaking to me about this, so finally ordered this book, and am blown away with the

wisdom contained here. Donna's understanding of energy/energy medicine is remarkable, largely because it comes from her personal life journey where she learned how to use her body's natural energy, to heal almost continuous stream of life threatening personal health problems, also from her personal experience of helping thousands of other people. She learned/s from the energy itself. and has incredible insight. This book has made me want to get a whole library filled with Donna's teaching. Is rare that we find someone with as much personal experience as this woman. This book is such a gift. I am learning more in reading it, and applying the tech. than I have in all the others put together. She really knows what she is talking about. and it has universal appeal. largely because of her huge scope of experience. Highly recommend this book, and if like me, have studied with others, still recommend getting this book and perhaps starting with one of her earlier ones. This is what I was looking for, this depth of understanding. Thank you, Donna.

I love this book, but wish the kindle version would link to the exercises instead of referencing the page number. It would make it MUCH easier to use.

I can't believe I haven't reviewed this book before - I have owned it for 2 years and recommended it to many people, all of whom have loved it. The author, Donna Eden, is an energy healer and teacher who draws upon several different energy medicine traditions for her approach - chakra work, Traditional Chinese medicine (meridians), reiki, aura healing, and others, as well as mainstream medical science. This book is written for any woman - you do not need a background in energy systems or medicine to use it. It revolves around exercises that anyone can do to balance, clear, and strengthen various aspects of their energy body. These may be used alongside conventional medicine and other alternative medicine approaches.At the beginning of the book, Ms. Eden covers the basics of energy medicine, and her view of the problems with conventional Western medicine. She then offers a daily energy routine, that takes about 5 minutes - a collection of breathing, movement, and visualization techniques for cleansing and strengthening your energy body on a daily basis. The book then focuses chapter by chapter on specific phases of a woman's life or specific health issues - hormonal balance, a healthy menstrual cycle, fertility and pregnancy, menopause, and weight management.It does take some effort to get the most out of the book. Personally, I xeroxed the daily routine, and then a few additional exercises that applied to specific health concerns I have, and combined them into a personalized daily routine. I don't do it every day, but I try, and I do something almost every day. I have found these to be a great prelude to meditation, and I have felt a definite improvement in my energy level and flow. I have friends that

use exercises only sporadically, but still felt they got so much out of reading the book.I highly recommend - along withÃ Â Women's Bodies, Women's WisdomÃ Â by Dr. Christiane Northrup, this is a book I think every woman should own!

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with this ultimate clean-eating program and unleash your energy (whole 30 cookbook) The Sexy Years: Discover the Hormone Connection: The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men

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