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Health & Fitness

**Women's Herbs Women's Health**
Christopher Hobbs
Kathi Keville
Interweave Press
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This well-researched book presents a comprehensive study of medical treatment for some of the most common women's ailments. In a clear and straightforward manner, the authors detail current understanding of the cause of the particular disease, explain what a doctor will do for you and relate safety issues of typically prescribed drugs, tests and procedures. Then they contrast alternative treatments and philosophies, such as traditional Chinese medicine, and explore their safety. This format allows the readers to judge for themselves the value of each method of treatment available.

This is not light reading. This book goes beyond the relatively easy-to-find information on how to maintain a healthy menstrual cycle and tackles women's health concerns that are notoriously difficult to treat, such as PMS, endometriosis, genito-urinary tract infections, STDs, fibroids, osteoporosis and women's heart disease.

The information on herbal uses is outstanding. The authors? nearly 60 years of combined herbal experience allows them to explain clearly and simply the subtle actions different herbs have. They detail when an herb is best used, duration of treatment, what makes a good quality herb, tincture or pill, and how to determine proper dose. Sprinkled throughout are specific formula recipes such as cramp-relieving tea, yeast-fighter, topical herpes treatment and endometriosis tea. Other specific alternative treatments discussed include aromatherapy, hydrotherapy, exercise and diet strategies.

Charts, boxed texts and graphs in each chapter read like a health mini-course providing quick referencing and drawing our curiosity into the main body of text. Pages at the end list recommended books, associations, periodicals and herb suppliers. Highly recommended for any one involved in women's health?or any woman wanting to take control of her own health.

*Joyce Wardwell*