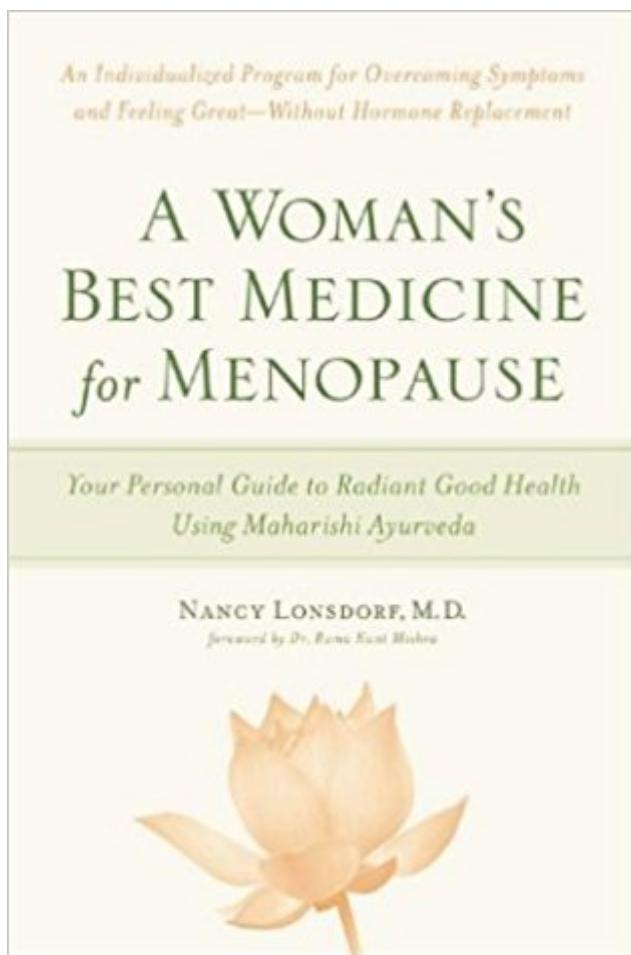


The book was found

A Woman's Best Medicine For Menopause: Your Personal Guide To Radiant Good Health Using Maharishi Ayurveda



Synopsis

A respected Western physician offers the first complete Ayurvedic approach to a healthy and comfortable menopause" *A Woman's Best Medicine for Menopause* is the first menopause guide based on the Ayurvedic approach to good health, recently popularized in the West by Deepak Chopra. In it, Dr. Lonsdorf--who is both a Western-trained physician and a leading voice in Ayurveda approaches to women's health--acquaints you with the basic principles of Ayurvedic medicine. She provides quizzes and checklists that help you to determine which risk factors you should be most concerned about and for understanding why you are experiencing specific symptoms. Dr. Lonsdorf shows you how to develop comprehensive personalized programs based on differing risk factors and symptoms. She even describes proven natural methods developed and refined by women over the course of 3,000 years to keep looking beautiful. Includes a foreword by Dr. Rama Kant Mishra.

Book Information

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Customer Reviews

"All women should become aware of the facts presented by Dr. Lonsdorf before making their decisions about HRT."

Menopause is not a disease. It does not have to be a harbinger of accelerated aging and declining health. And it is not a debilitating hormone deficiency that requires hormone replacement therapy. In *A Woman's Best Medicine for Menopause*, you will learn how to reclaim menopause as a natural

transition that is symptom-free, health-promoting, and spiritually transforming. As the body of evidence against the use of hormone replacement therapy continues to grow, this book is needed now more than ever. Based on time-tested, natural wisdom, this valuable guide offers a truly natural and complete approach to understanding your body, mind, and symptoms and balancing them without side effects. Here you'll learn how you can: Increase your bone density through exercise rather than drugs or hormones Lower your risk of heart attack by eating a wholesome diet instead of taking prescription medication Balance your hormones during menopause with spices, grains, vegetables, and legumes Use a complete system of natural medicine to help ease your menopausal symptoms and treat the root cause of any health problems, while laying the foundation for vibrant good health in your later years Nancy Lonsdorf, M.D., a Johns Hopkins-trained medical doctor and highly regarded Ayurvedic physician with over fifteen years of clinical experience, guides you with clarity through the maze of research findings that cover both HRT and natural approaches. You will discover that natural approaches--such as diet, exercise, meditation, and stress-reduction techniques--are superior to drugs and hormones in their health-giving effects at menopause and beyond. Drawing upon one of the world's original and most complete systems of medicine, Ayurveda, Dr. Lonsdorf explains why you have the symptoms you have, why your menopause experience may be easier or more difficult than that of other women you know, what foods and lifestyle habits may be making your transition difficult, and how to adopt new habits that can help now and in the future. The cornerstone of this book is a practical self-care program that is individualized for you through a series of self-assessment quizzes. It features a unique personalized spice-and-herb program that provides phytoestrogenic support at the same time that it gently purifies your body and eliminates the imbalances that are the real cause of menopausal symptoms. This approach will rejuvenate and balance you from within so that you look and feel radiantly healthy and youthful--without the risks and side effects of drugs and hormones. You'll learn that the power to heal lies within you. You are your own best medicine. "Dr. Lonsdorf, a physician as brilliant as she is compassionate, offers a roadmap for using Ayurveda to pass naturally through menopause. Every woman needs to read this book by the time she is 40 to understand how to prevent suffering and enhance the joy of this most natural transition."--Candace B. Pert, Ph.D., Research Professor in Physiology and Biophysics, Georgetown University Medical Center, and author of *Molecules of Emotion* A respected Western physician offers the first complete Ayurvedic approach to experiencing a healthy and comfortable menopause As the body of medical evidence against the use of hormone replacement therapy continues to grow, there is an increasing demand for information about truly natural alternatives to promoting a healthy, symptom-free menopause.

Written by the bestselling author of *A Woman's Best Medicine*, this book offers a holistic approach to good health involving nutrition, exercise, massage, sleep, and gentle herbal supplements. It draws on Ayurveda, an ancient healing system that originated in India over five millennia ago. The simple Ayurvedic prescriptions outlined by Nancy Lonsdorf, M.D., can help guarantee that your menopause will be a gentle transition to a new state of radiant good health and well-being for many years to come.

Every woman over 35 should have this amazing book! Easy solutions to female issues that America women suffer..such as menopause symptoms. .ladies..in India this isn't even a problem. . Last year I read this book and within 2 months resolved hot flashes and other symptoms. .

I sell these and my wife loved it and got a lots of good tips for staying young and youthful looking. We do a lot of things to hasten the aging process and this book lays out many practical tips to stop and reverse aging. The author has a depth of knowledge you just don't find often.

Great Info, but you need to really work with this book daily and do as much as you can.

The content is very interesting. I wish that I had gotten the book when I was actually going through menopause instead of now, as I am post menopausal. Regardless, the information is very informative in general.

Excellent introductory and in-depth knowledge about Ayurvedic health care for women. Clearly explained.

This book is a very interesting read. Everything I learned from an Ayurveda workshop applies here!

So much wisdom is packed in this book - an ancient wisdom in easily digest-able form for contemporary women.

It was an informative read. It gave me an exciting perspective.

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