Aviva Romm has assembled contributions by leading herbalists including Amanda McQuade Crawford, David Hoffmann, Christopher Hobbs, Isla Burgess, Linda Ryan and Australian practitioners Ruth Trickey and Angela Hywood. The book covers the health care and treatment of women according to the changes and conditions that occur within the context of major life cycles. After first exploring key fundamental concepts in a comprehensive manner, it continues with detailed discussions of puberty, menarche, gynaecological and menstrual health, fertility, the childbearing cycle and finishes with the menopausal years. A key feature is the patient teaching guides, such as how to perform breast self-examination or effectively do pelvic floor exercise.

FEATURES

- The most comprehensive text in the field.
- Expert author Aviva Romm combines her experience as a midwife, herbalist, and now medical doctor, for a fully integrated approach to medical and herbal interventions.
- Plant profiles include principle uses, clinical indications, and safety information on the 10 most commonly used herbs for women's health.
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- Appendices on common botanical names, quick dose reference charts, adverse interactions, and herbal medicine resources offer practical information at a glance.
- Over 30 expert contributors with a combination of practical experience as clinicians and teachers provide a unique, clinically-based perspective.

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Part Two: General Gynecologic and Menstrual Health Concerns

Part Three: Fertility and the Childbearing Cycle

Part Four: The Menopausal Years
19. Menopausal Health

Part Five: Plant Profiles
Black cohosh, Blue cohosh, Chaste tree, Dong quai, Ginger, Kava kava, Red clover, St. John's wort, Uva ursi, Wild yam, Summary table of herbs for women's health

Appendix 1
Appendix 1: Common and Botanical Medicine Names Quick Reference Dose Chart

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Optimising children’s health with herbs
The first of the new “Phytotherapy Essentials” series

Rob Santich, BHSc, Dip Med Herb, Dip Rem Massage, NHAA,
Adjunct lecturer, School of Health, University of New England, Armidale, Australia
Kerry Bone BSc (Hons), Dip Phyto, FNIMH, FNHAA

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Chapter 7: Common Nervous System Disorders in Children
Chapter 8: Common Urinary Tract Disorders in Children
Chapter 9: Common Skin Disorders in Children
Chapter 10: Common Endocrine Disturbances in Children

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