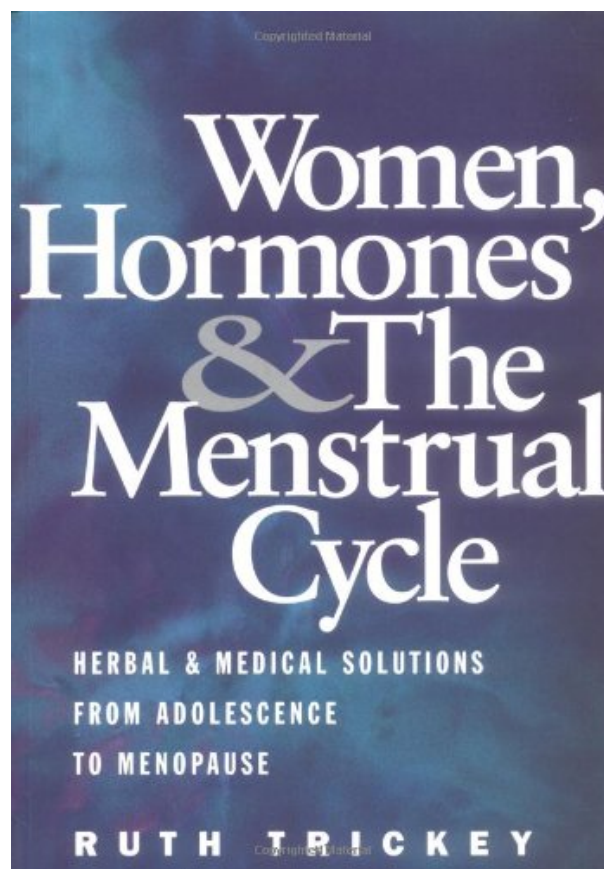
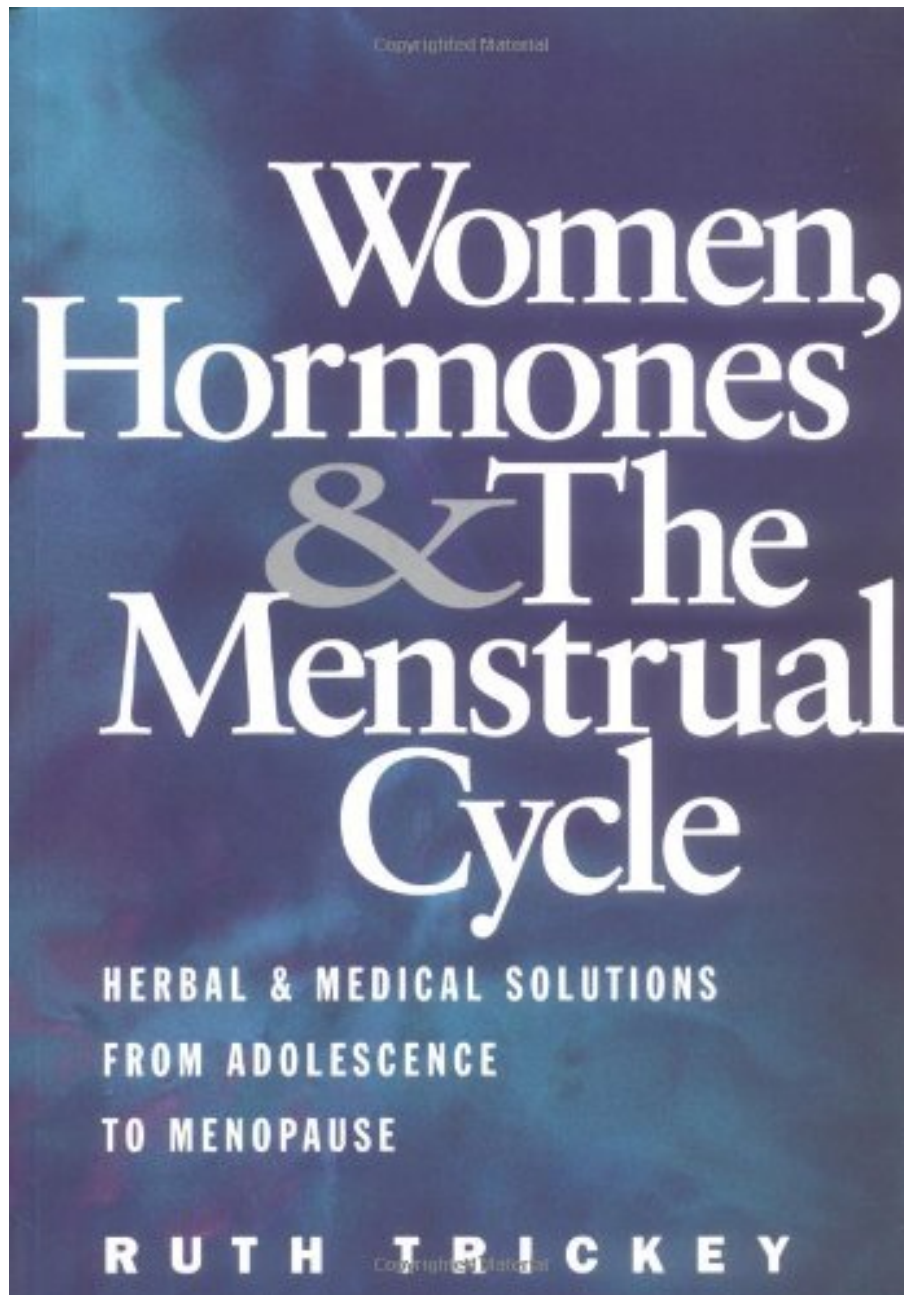


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From Library Journal

This book by an Australian midwife/naturopath on menstrual problems and their treatment proves to be a winner by offering the best of Western medicine combined with natural therapies. This very balanced work includes detailed explanations of how hormones function and what causes things to go wrong. Trickey discusses nutrition, herbs, drugs, and surgery as possible solutions to such gynecological problems as premenstrual syndrome, endometriosis, and ovarian cysts while explaining the historical use of treatments. Those working with adolescents will find value in the chapter on menarche, and older women will find insight in Trickey's discussion of chemical, surgical, and natural treatments for menopausal symptoms. Technical yet understandable, the book is very clear on what can and cannot be treated with natural therapies. Be aware that the spellings, statistics, and measurements are Australian. Recommended for public and academic libraries. Elizabeth A. Williams, Houston Acad. of Medicine-Texas Medical Ctr. Lib. Copyright 1998 Reed Business Information, Inc.

Review

"A well organized, easy-to-navigate resource perfect for quick referencing or in depth research." -- New Living

About the Author

Ruth Trickey has been a trained midwife, natural therapist and herbalist for more than 15 years. She shares her extensive practical knowledge by teaching students and lecturing practitioners.

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Provides a concise description of menstrual disorders and their management, with the primary focus being on natural remedies. The book outlines the orthodox management of conditions and attempts to indicate when medicine or surgery or natural medicine might be more appropriate. It emphasizes dietary and other lifestyle interventions for the prevention of disease and puts women's health, particularly the natural therapist's management, into an historical context. The book aims to give the reader a range of treatment options so that she has greater control over her decision-making.

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Good Info on Pathology, but

By Antoinette Simmons

The info on herbs and herbal is tremendously limited...not sufficient for use as reference to the variety of herbs available for women's health.

The dietary advice given is not in line with the NEW science fat metabolism...advises to avoid fat...distinction between good fats and bad fats is lacking, and perpetuates the fat phobias of the 1980's and 1990's.

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excellent reference. Note there is a 2011 ed. out now.

By S. Rodes

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