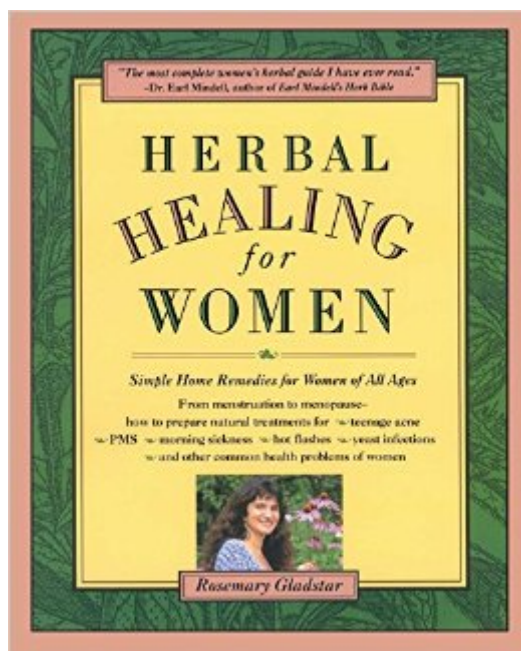


The book was found

Herbal Healing For Women



Synopsis

Simple, safe, and effective herbal remedies for women of all ages. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, *Herbal Healing for Women* explains how to create remedies—including teas, tinctures, salves, and ointments—for the common disorders that arise in the different cycles of a woman's life. Covering adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, *Herbal Healing for Women* discusses: -common disorders and the herbs that are effective for treating them -how to select and store herbs -preparation of hundreds of herbal remedies -an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well.

Book Information

Paperback: 304 pages

Publisher: Touchstone; First Edition edition (November 10, 1993)

Language: English

ISBN-10: 0671767674

ISBN-13: 978-0671767679

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (99 customer reviews)

Best Sellers Rank: #33,526 in Books (See Top 100 in Books) #41 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #83 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) #139 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

Rosemary Gladstar has a winner with *HERBAL HEALING FOR WOMEN*. She begins with a simple premise--women have needs different from men. Women, cannot escape the calendar, the seasons, and nature in general. Men don't experience menses, bear children, or go through menopause. Herbs that ease the pain women know first hand can only be seen as Goddess-sends

if you will. Because men and women are different, not all the herbs that work for men will work for women--and vice versa. Unfortunately, not too many "herbalists" clearly acknowledge this in their various books. In many herbal books and manuals you have to dig to find the information specific for age and sex, but Gladstar has arranged the female part in logical categories associated with the various phases of a woman's life. For example, Black Cohash (*Cimicifuga Racemosa*), Linseed oil, and Isoflavins contain phytoestrogens and are used in Europe to alleviate the symptoms of menopause. Since the side effects of some of the regularly prescribed synthetic estrogens derived from mare's urine are not only acquired in despicable ways (ask PETA) but are dangerous to your health (don't believe me? read the little piece of paper that comes with your prescription) you might consider alternatives. I have and am here to say that some of the unhappy consequences I experienced from the over-the-counter drug are a thing of the past. As part of my Master's Degree program (I am a sociologist-demographer), I studied mortality, morbidity, and biostatistics at Georgetown University and learned how to read biomedical research. I have maintained a personal interest in, and spent the last 30 years keeping up with, medical studies about women's issues.

[Download to continue reading...](#)

Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies, herbal antibiotics and antivirals) DIY Herbal Gardening - Learn The Benefits Of Planting The Top 5 Medicinal Plants (Herbal Gardening, DIY Herbal Gardening, Medicinal Plants, Herbal Medicines, Herbal Cure) Herbal Remedies: 30 Herbal Recipe Remedies From My Private Collection: Proven Herbal Recipes That Work! (Herbal Recipes Private Collection Book 1) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Herbal Remedies: The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics, : herbs, Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Prescription for Herbal Healing, 2nd Edition: An Easy-to-Use A-to-Z Reference to Hundreds of Common Disorders and Their Herbal Remedies Jeanne Rose: Herbal Body Book: The Herbal Way to Natural Beauty & Health for Men & Women REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free

(Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Herbal Treatment for Peptic Ulcer and Gastritis (Herbal Cure) The One Earth Herbal Sourcebook: Everything You Need to Know About Chinese, Western, and Ayurvedic Herbal Treatments Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies Llewellyn's 2017 Herbal Almanac: Herbs for Growing & Gathering, Cooking & Crafts, Health & Beauty, History, Myth & Lore (Llewellyn's Herbal Almanac) Herbal Contraindications and Drug Interactions: Plus Herbal Adjuncts with Medicines, 4th Edition Herbal Healing for Women Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) The Herbal Lore of Wise Women and Wortcunners: The Healing Power of Medicinal Plants WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing)

[Dmca](#)