



Women's Encyclopedia of Natural Medicine: Alternative Therapies and Integrative Medicine for Total Health and Wellness (All Other Health)

By Tori Hudson

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Women's Encyclopedia of Natural Medicine: Alternative Therapies and Integrative Medicine for Total Health and Wellness (All Other Health) By Tori Hudson

Use the power of nature to heal your body and enjoy a lifetime of good health

In *Women's Encyclopedia of Natural Medicine*, naturopathic physician Tori Hudson shows you how to safely and effectively combine conventional and natural medicine to maintain health and address specific medical conditions. Her groundbreaking work offers sound information on complementary therapies such as bio-identical hormones, vitamin supplementation, herbs, diet, and exercise and helps you make informed choices about your health.

Learn how to:

- Treat a whole range of female health issues, from contraception to menopause, heart conditions to infections
- Safely integrate alternative therapies with traditional medicine
- Determine when you should seek a practitioner's help
- And much more

Compassionate and authoritative, *Women's Encyclopedia of Natural Medicine* demonstrates that an informed, integrative approach to staying well is often the best medicine.

“This is a book that should be in every woman's health library and every alternative practitioner's library. It is a resource for the new breed of conventional practitioners who are open to a more integrative health-care system.”

--Christiane Northrup, M.D., author of *Women's Bodies*, *Women's Wisdom*

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- Sales Rank: #99939 in Books
- Brand: Hudson, Tori
- Published on: 2007-10-11
- Released on: 2007-10-11
- Original language: English
- Number of items: 1
- Dimensions: 19.10" h x 1.21" w x 7.40" l, 1.87 pounds
- Binding: Paperback
- 528 pages

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Editorial Review

About the Author

Tori Hudson, N.D., is a professor of gynecology at the National College of Naturopathic Medicine in Portland, Oregon, and medical director of the clinic A Woman's Time, P.C. A nationally recognized clinician, author, lecturer, and researcher, she has served as an adviser to the Department of Health and Human Services, the natural products industry, and several popular health publications. She was awarded the 1999 naturopathic physician of the year award from the American Association of Naturopathic Physicians.

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