



Homeopathy for Menopause (Paperback)

By Lennie Martin, Jyoti Spearin

Crystal Clarity,U.S., United States, 2000. Paperback. Condition: New. Original ed.. Language: English . Brand New Book. Approaching menopause as a natural and essentially positive stage in a woman s life, this book shows how to safely treat its symptoms with gentle, all-natural homeopathic remedies. Growing numbers of women are dissatisfied with the often dangerous or uncomfortable side effects of conventional hormone replacement therapy and are seeking safer, more holistic ways of approaching the symptoms of menopause. Homeopathy is especially appropriate for treating a wide range of these symptoms because it treats the whole person--not just isolated symptoms--and emotional issues are given as much weight as physical ones. Author Beth MacEoin clearly explains the basics of homeopathy for beginners, outlining step-by-step the process of considering the overall symptom picture and selecting the proper remedy and dosage. She shows you how to treat common discomforts that may arise before, during, or after menopause, including menstrual irregularities, hot flashes, night sweats, depression, low self-esteem, weight gain, sleep disturbances, and aching joints. Taking a broad perspective on promoting good health and general well-being, the author also covers ways to guard against osteoporosis and suggests other self-help measures that will support homeopathic treatment.



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