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## The Wise Woman A Natural Approach To The Menopaus

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### NOELLE DECKER

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*Wise Woman Herbal for the Childbearing Year* Shambhala Publications

When it comes to providing the best support for a healthy pregnancy, wise women know that it all comes down to making good choices. The right information at the right time is imperative. In *The Wise Woman's Guide to Your Healthiest Pregnancy and Birth*, you'll find all the support you need beginning with preconception, through pregnancy and birth, and the 40 days postpartum. This comprehensive guide combines the expertise of a functional medicine dream team: top-tier physical therapist Patricia Ladis with Dr. Anita Sadaty, a holistic ob-gyn with a celebrity clientele. You will discover a detailed but accessible plan for optimal wellness for mother, partner, and baby, including: Best practices to maximize your health and that of your partner in the crucial six-month period of preconception in order to enhance the health of your baby. A unique functional medicine approach that explains why many of the uncomfortable symptoms that arise during pregnancy are related to what you are eating, your environment, your mindset and your exercise level-and how to resolve these issues. Exercises with instructive photos to avoid injury, recovery quickly from any kind of delivery, and get your before-baby body back-and better! With both up-do-date clinical research and the wisdom of the ages, this book will empower you and your partner to not only find the blessings in this special time, but pass along a lifetime of health and wellness for you and your baby. Book jacket.

*Whistling Up the Wind: A Wise Woman Shares Her Secrets* Lulu Publishing Services

A new map through the maze of menopause for women 40 and better. A dramatic pro-age vision, groundbreaking research, and expert guidance reframe menopause and empower women with tools to get their life back. Resources, practices, bibliography.

*The Wise Woman and Other Stories: The Best of Mannu Bhandari* Roli Books Private Limited

Author and Natural Health Consultant Connie Pshigoda has crafted a variety of seasonal health tips and delicious recipes to satisfy your hunger for a better life and year-round well-being. Within the *Wise Woman's Almanac*, she connects Nature's seasons and your natural life rhythms, resulting in perfect harmony and balance.

*Biddy Early* North Atlantic Books

Discover a wonderful collection of traditional 19th-century charms and spells from Old Joan, the wise

woman at Boscastle's Museum of Witchcraft and Magic. Explore the stock and trade of the working witch through the ages as well as fascinating artefacts and magical techniques that were once features of life in the small villages of Devon and Cornwall in southwest England.

*The Wise Woman ... how to be One in a Thousand* Simon and Schuster

Mannu Bhandari's genius lies not in elevating women to heroines or superior beings; rather, she forces us to acknowledge that flawed, confused, and self-centered women are as worthy of agency and respect. She wrote among literary giants who were mostly men, but carved a singular space for herself with her unflinching gaze at the hypocrisy of a society that claims to venerate women yet balks at giving them the keys to their shackles. These 18 stories are representative of her wonderful insights into the inner life of women - her characters span the spectrum from rural to urban, illiterate to educated, homemakers to career professionals. Through all the stories runs a vein of gentle mockery - the inimitable Mannu Bhandari style.

*The Wise Woman's Guide to Your Healthiest Pregnancy and Birth* Wise Woman Herbal

A refreshed edition of *Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals*—updated with a note from the author sharing the changes that have occurred in the 30 years since its original publication. "A book of startling remembrances, revelations, directives, and imperatives, filled with the mysticism, wisdom, and common sense of the African religion of the Mother. It should be read with the same open-minded love with which it was written."—Alice Walker, author of *The Color Purple* Since its original publication in 1985, *Jambalaya* has become a classic among Women's Spirituality Educators, practitioners of traditional Africana religions, environmental activists, and cultural creatives. A mix of memoir, spiritual teachings, and practices from Afro-American traditions such as Ifa/Orisha, and New Orleans Voodoo, it offers a fascinating introduction to the world of nature-based spirituality, Goddess worship, and rituals from the African diaspora. More relevant today than it was 36 years ago, the wisdom of *Jambalaya* reconnects us to the natural and spiritual world, and the centuries-old traditions of African ancestors, whose voices echo through time, guiding us and blending with our own.

*The Wise Woman's Almanac* Wise Woman Herbal

In the mid 1920s, Bessie Elliott and her husband Fletcher take in their six-year-old nephew John. They are determined to give him a warm and secure home on Stone Mountain, a place where he will feel loved and know he is always welcome. Having a child brings many changes to their daily life and even more for John, but it isn't long before he feels completely at home with his aunt and uncle.

As he learns about the farm animals, the wildlife and plant life on the mountain, he grows into a young man Bessie and Fletch are proud to call their own. But their life is not without turmoil. Bessie's healing skills are put to the test when she and Doc Widby deal with an unknown and mysterious illness, one they have no idea how to treat. While doing their best to heal their patient, they run up against a new doctor in Black Mountain who is involved with the Eugenics movement, a program Bessie fiercely opposes. And Bessie and Fletch, along with the rest of their neighbors, are torn apart by a foe threatening the natural beauty of Stone Mountain.

*Earth Magic* Simon and Schuster

Simple, safe remedies for pregnancy, childbirth, lactation, and newborns. Now in its 24th printing. A confirmed favorite with pregnant women, midwives, childbirth educators, and new parents. Packed with clear, comforting, and superbly helpful information. Beginning with the two months before pregnancy, herbs are enlisted to provide safe, effective birth control, or to help ensure pregnancy, even in the most difficult of situations. A special list of teratogens, including herbs to avoid before pregnancy, is included, as is a section on herbs to improve the father's fertility and reduce the risk of birth defects. Once pregnancy has occurred, herbs are safe and beneficial allies in reducing the distress of pregnancy, including hemorrhoids, high blood pressure, morning sickness, emotional changes, anemia, muscle cramps, bladder infections, and preeclampsia. Tasty recipes and clear directions make use easy and fun. Herbs take a starring role in labor and delivery -- whether initiating labor, increasing energy, diminishing pain, or staunching postpartum bleeding -- and in postpartum care of the mother's perineum, breasts, and emotions, and the infant's umbilicus, skin, scalp, digestive system, and immune system. Humorous, tender, and detailed, this classic text is supported by illustrations, references, resource lists, glossary, and index. Includes herbs for fertility and birth control. Foreword by Jeannine Parvati Baker.

**Woman, You Have the Keys to Successful Marriage.** Wise Woman Herbal

A fresh, new pregnancy guide—the first complete functional medicine book—offering women and their partners a comprehensive approach to maintain and enhance health and wellness before, during, and after pregnancy. The Wise Woman's Guide to Your Healthiest Pregnancy and Birth combines the expertise of top-tier physical therapist Patricia Ladis—who works with superstar athletes, professional dancers, and celebrities—with Dr. Anita Sadaty, a highly regarded holistic ob-gyn with a celebrity clientele. Together, they have devised a six-step protocol beginning the six months before conception continuing forty days post-birth and beyond, incorporating holistic principles that encourage optimal wellness for mother, partner, and baby. Whether they are in their 20's, 30's or 40's, this book empowers readers to be in tune with their bodies during all stages of pregnancy, and is the first book by a functional medicine dream-team aligning medical and structural body issues to avoid such potential pregnancy outcomes as osteoporosis, sciatica, pelvic prolapse, structural weakness, and postpartum depression. Each of the six stages organizes Ladis and Sadaty's holistic principles into five easy-to-follow aspects: Body, Movement, Breathing, Nourishment, and Wisdom. They include practical applications such as foods to help reduce internal inflammation, specific exercises—with instructive photos—in each stage, breathing techniques to lower stress, and “pearls of wisdom” backed by science exploring a multicultural history of this special time in a woman's life. For the first time, a pregnancy guide considers the importance of

choices you make six months prior to conception, and the effect on genes. When both members of a couple are calm, fit, and well-nourished, the latest science suggests that together they are less likely to pass on negative genes to a child.

*A Double Story* Graphic Arts Books

Story of a notorious red-haired Clarewoman who possessed supernatural powers.

**The Wise Woman's Guide to Your Healthiest Pregnancy and Birth** Element Books Limited

Covering men's and women's topics, this is a "full range of integrative, alternative, and orthodox options, including herbal, homeopathic, and energy medicines."--P. [4] of cover.

*The Wise Woman as Builder* Aeon Books

Spiritual experience is a liberating source of women's identity and their resistance to oppression.

This deeply moving collection of memoirs, stories, poetry, letters, prayers, and theologies is a source of empowering and uplifting thought for women in any time, at any age.

*A Guide to Conscious Menopause* David Smart

Women have engaged in healing from the beginning of history, often within the context of the home. This book studies the role, contributions and challenges faced by women healers in France, Spain, Italy and England, including medical practice among women in the Jewish and Muslim communities, from the later Middle Ages to approximately 1800.

*Radiant Wise Woman* Zondervan

This powerful analysis of the wise woman healer from the oral traditions of Ireland's rural communities is unique in its depth and perspective. Stories, told and retold, embedded in the texture of culture and community, collected and studied for many decades, are here translated and made available to the general reader for the first time. The figure of the wise woman, the hag, the Cailleach, or the Red Woman are part of an oral tradition which has its roots in pre-Christian Ireland. In the hands of Gearoid O Cruaich, these figures are subtly explored to reveal how they offered a complex understanding of the world, of human psychology and its predicaments: the thematic structure of the book brings to the fore universal themes such as death, marriage, childbirth, and healing, and invites the reader to see the contemporary relevance of the stories for themselves.

*True Nature* HarperCollins

Susun Weed (author of best-seller "Wise Woman Herbal for the Childbearing Year" ) spent three years talking with more than 10,000 women about their menopause. She discovered that their experiences differ hugely from most published accounts:

**Women and the Practice of Medical Care in Early Modern Europe, 1400-1800** Lulu.com

This treasury of pagan beliefs and herbal lore tells of remedies and charms, weather signs, and the best seasons and times for carrying out projects.

*The Old Wise Woman* HarperCollins

Welcome to The Wise Woman Cares, a devotional workbook based on God's Word, written for Moms who long to live lives that mirror our loving, caring Savior: Jesus. We are thankful you decided to join our community of imperfect moms who follow a perfect God! Philippians 2:3-4 says, "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you the interests of the others." God wants us, as His followers and as moms, to care deeply and unselfishly about the people He places in our lives, and to learn to love

unconditionally as Jesus did. God's Word challenges us counter-culturally to live humbly as Jesus lived-caring for others instead of ourselves. What a charge to embody a paradigm shift practicing selfless-servanthood instead of following our human nature. As we pray, study, and meditate on the Scriptures together each week, we ask God to help us to cultivate hearts focused on others and grow deeper in the love of Jesus. We pray we will encounter Jesus every step of the way, learn to love as He first loved us, and grow to become wise women who care.

**The Nature of Honey** Ash Tree Publishing

A wise woman activates the hunting nature inherent in a male folk by playing "hard," because if she allows him easy access his innate hunter instinct is benumbed and her value is debased and misused. The chase instigated by a woman teaches the man to value and handle her with respect. Likewise, money not earned usually lacks respect and most often is misused. You might think that making money is more difficult than managing money, but the most important factor in the relationship between you and your money is its management and growth, without which your money will leave you as most women would leave you if you are not able to manage and prosper their well-being. For instance, a person who suddenly experiences a windfall, such as a Lottery winner, most often squanders the money and walks with lack and limitation thereafter. On the other hand, hard-earned money is like a woman chased and won. This type of money encourages frugality, savings and investment for its growth. Money management is not exclusive to corporations and governments: adults (parents and guardians), teenagers and young adults need money management guidance to prepare them for the future when their money must be well managed to grow, keep them debt free and comfortable in retirement. A lot of people find it very difficult to

handle their finances because although schools teach economics, they do not teach money or financial responsibility. "Money IS Like a Wise Woman" is a personal finance guide written in simple conversational English to keep you abreast of money management commonsense. It's a clarion call to all to imbibe financial responsibility

*New Menopausal Years* WestBow Press

In ancient times older women were the keepers of primal mysteries and were revered for their special wisdom: today there is a feeling that our culture is reawakening to the power of our elders. Joyce Tenneson presents 80 portraits of women aged 65 to 100, who comment on their experiences of ageing.

**The Divine Law of Birth, "Every Wise Woman Buildeth Her House", "All Her Household are Clothed with Scarlet"** Inner Traditions / Bear & Co

An alternative and unique perspective on our understanding of menopause. This groundbreaking book offers a response to the call of women to listen deeply to the wisdom of their bodies as they go through the change and stages of peri-menopause and menopause. In modern times, even with the increased awareness of recent years, the overriding response is management and relief of symptoms. However, in this book Reva provides a revolutionary approach to menopause, perceiving this transition as a rite of passage and alchemical process. Through her own experience Reva acts as a guide in allowing women to connect with their bodies and awareness through contemplation, as well as suggesting practices to support a deepening of women's exploration of menopause, including yoga, meditation and ritual. Within these pages, Reva will provide women with a sense of trust, and wider perspective as they discover more about their bodies, their perceptions, learning from, rather than fearing this time of change.