

Handbook Of Menstrual Diseases In Chinese Medicine

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Handbook Of Menstrual Diseases In Chinese Medicine

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CAMACHO BISHOP

Dysmenorrhea and Menorrhagia Elsevier Health Sciences
This book was the first English language translation of a complete Chinese clinical manual on TCM gynecology and obstetrics. It was the textbook for the OB-GYN class at the Zhejiang College of Chinese Medicine in Hangzhou, PRChina. It covers the disease causes and mechanisms and the pattern discrimination treatment for 35 commonly encountered complaints. The book is divided into five sections: 1) menstrual diseases, 2) abnormal vaginal discharge diseases, 3) gestational & birthing diseases, 4) postpartum diseases, and 5) miscellaneous diseases. Because Chinese gynecology in China means treatment via the internal administration of Chinese herbs, all the treatments in this book are herbal ones. If one wants to buy a single book covering all of Chinese gynecology in an introductory, survey fashion, this is the book to buy.

[The Natural Health Handbook for Women](#) Cross the Hurdles
"She-ology describes the state of the vagina at every age and stage of a woman's life"--

Hysterectomy & Alternative Operations Notion Press
The first book to explore menstruation in the current cultural and political landscape and to investigate the new wave of period activism taking the world by storm. After centuries of being shrouded in taboo and superstition, periods have gone mainstream. Seemingly overnight, a new, high-profile movement has emerged—one dedicated to bold activism, creative product innovation, and smart policy advocacy—to address the centrality of menstruation in relation to core issues of gender equality and equity. In *Periods Gone Public*, Jennifer Weiss-Wolf—the woman *Bustle* dubbed one of the nation's "badass menstrual activists"—explores why periods have become a prominent political cause. From eliminating the tampon tax, to enacting new laws ensuring access to affordable, safe products, menstruation is no longer something to whisper about. Weiss-Wolf shares her firsthand account in the fight for "period equity" and introduces readers to the leaders, pioneers, and everyday people who are making change happen. From societal attitudes of periods throughout history—in the United States and around the world—to grassroots activism and product innovation, Weiss-Wolf challenges readers to face stigma head-on and elevate an agenda that recognizes both the power—and the absolute normalcy—of menstruation.
Routledge Handbook of Water and Health Springer Science & Business Media

This handbook assembles a team of experts to review the special problems faced by women with epilepsy. Epilepsy treatments affect fertility and can cause pregnancy complications and birth defects, but most of the available drugs have been tested on men. Moreover, hormone effects on seizures are of particular concern to women at puberty, at menopause, and over the menstrual cycle. Many health-care providers are not informed about the unique issues facing women with epilepsy. This book,

published in association with the Epilepsy Foundation of America, fills that gap and provides women with epilepsy with the information they need to be effective self-advocates.

Practical Gynecology Aeon Books

The emergence of symbolic culture is generally linked with the development of the hunger-gatherer adaptation based on a sexual division of labor. This original and ingenious book presents a new theory of how this symbolic domain originated. Integrating perspectives of evolutionary biography and social anthropology within a Marxist framework, Chris Knight rejects the common assumption that human culture was a modified extension of primate behavior and argues instead that it was the product of an immense social, sexual, and political revolution initiated by women. Culture became established, says Knight, when evolving human females began to assert collective control over their own sexuality, refusing sex to all males except those who came to them with provisions. Women usually timed their ban on sexual relations with their periods of infertility while they were menstruating, and to the extent that their solidarity drew women together, these periods tended to occur in synchrony. The result was that every month with the onset of menstruation, sexual relations were ruptured in a collective, ritualistic way as the prelude to each successful hunting expedition. This ritual act was the means through which women motivated men not only to hunt but also to concentrate energies on bringing back the meat. Knight shows how this hypothesis sheds light on the roots of such cultural traditions as totemic rituals, incest and menstrual taboos, blood-sacrifice, and hunters' atonement rites. Providing detailed ethnographic documentation, he also explains how Native American, Australian Aboriginal, and other magico-religious myths can be read as derivatives of the same symbolic logic.

Seeing Red Karnac Books

"The book my patients have been waiting for." Dr Peta Wright, gynecologist and women's health advocate
Hormone Repair Manual is a practical guide to feeling better in your 40s, 50s, and beyond. It explains how to navigate the change of perimenopause and relieve symptoms with natural treatments such as diet, nutritional supplements, and bioidentical hormone therapy. Topics include: - Why everything is different after "second puberty." - How perimenopause can be a tipping point for long-term health. - The four phases of perimenopause. - The role of testosterone and insulin in weight gain. - How to speak with your doctor about hormone therapy including natural progesterone. - Treatment protocols for all common perimenopause symptoms including night sweats, insomnia, migraines, and heavy periods. - Risk reduction for osteoporosis, heart disease, and dementia. Written by best-selling author and naturopathic doctor, Lara Briden, the book is backed by evidence-based research and real-world patient stories. Praise for *Hormone Repair Manual*: "The book my patients have been waiting for -- a science and whole woman based approach to the menopausal transition that will give women the wisdom, language, and practical tools to navigate menopause and unveil this time for what it really is -- one of the most transformative and

empowering chapters of a woman's life." Dr Peta Wright, gynecologist and women's health advocate "This lively, clear and supportive book provides positive and helpful information that many women need as they approach perimenopause and beyond." Jerilynn C. Prior MD, author of *Estrogen's Storm Season* "Essential reading for all women over 40, and their doctors!" Dr Natasha Andreadis, gynecologist and fertility specialist "Evidence-based natural solutions for optimizing women's health and wellbeing in their 40s, 50s and beyond." Dr Fatima Khan, menopause specialist

A Hand-book of uterine therapeutics, and of diseases of women
Routledge

Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: * How to come off hormonal birth control * What your period should be like* What can go wrong * How to talk to your doctor * Treatment protocols for all common period problems, including PCOS and endometriosis The second edition contains insights from Professor Jerilynn Prior, more than 300 new references, and an additional chapter on perimenopause and menopause. Written by a naturopathic doctor with more than twenty years experience, this book is a compilation of everything that works for hormonal health.

Menstrual Disorders Springer Nature

The book *?tu Vidy?* emerged in search of answers to questions asked by adolescent girls and women in India during the author's interactions with them as part of Menstrual Health workshops, conducted over a span of a decade across rural India. In an attempt to decode menstrual practices, the author undertook a journey across India and studied various indigenous knowledge systems such as *?a?-Dar?ana*, *?yurved*, *Tantra*, *Cakra*, *Y?g*, *?gama ??stra*, *Jyotis?a ?a?stra*, and several sub-texts from these categories. As a result, the book goes beyond just describing cultural practices and takes a deep dive into explaining the scientific and logical reasoning behind the origin of these practices. This book is for all Indian women who have unanswered questions pertaining to menstrual practices, for menstrual researchers who will find a treasure trove of potential areas for research pertaining to menstrual health, for sportswomen to discover the ancient techniques that worked in sync with women's periods and not against it, and also for the feminist who assumes that cultural practices around menstruation are a taboo that needs to be done away with. The correct understanding of the science behind menstrual practices, as given in this book, will help women prevent menstrual difficulties, develop a positive attitude toward menstruation, and learn to work in sync with nature's cycles. *?tu* (pronounced as *ruthu*) is one of the terms for menstruation in Sanskrit. *Vidy?* means knowledge. *?tu Vidy?* is the author's attempt to bring together various indigenous knowledge systems that provide information about the science of menstruation, which is relevant even to this day.

A Handbook of Uterine Therapeutics and of Diseases of Women
Lara Briden

The Natural Health Handbook for Women is an inspiring, must-have book for all women. Marilyn Glenville, one of Britain's leading nutritionists, believes that many female health problems are caused by incorrect nutrition. Guiding you through a comprehensive list of women's conditions and concerns she explains how you can regain your health in the most natural and non-invasive way possible. Dr Glenville provides: - Reassuring and proven advice on all aspects of women's bodies, health and

hormones - An extensive list of women's symptoms, from menstrual problems and infertility to menopause, vaginal infections and endometriosis - Thorough, detailed health solutions that combine the best from orthodox, complementary and natural medicine - Guidance on how nutrition and supplementation can dramatically improve your health - Advice on how to change your lifestyle and environment to enhance your well-being

The Palgrave Handbook of Critical Menstruation Studies Piatkus Books

This practical handbook provides a clear and comprehensive evidence-based guide to the care of women in primary care, intended for general and family practitioners, nurses, physician assistants, and all those who practise primary care of women. It emphasizes preventive and well-woman care throughout the life-cycle of a woman, including sexuality, contraception, medical care in pregnancy, and psychological and important medical concerns. This second edition, revised and updated throughout with several new contributing authors, incorporates the latest evidence and research-findings on a wide range of problems for which women seek medical guidance. There is an expanded section on menstrual problems and menopause-associated conditions, including clear guidance on the use of hormone replacement therapy.

A handbook of uterine therapeutics, and of diseases of women
Lily Pond Publications

"This practical handbook provides a clear and comprehensive evidence-based guide to the care of women in primary care, intended for general and family practitioners, nurses, physician assistants, and all those who practise primary care of women. It emphasizes preventive and well-woman care throughout the life-cycle of a woman, including sexuality, contraception, medical care in pregnancy, and psychological and important medical concerns. This new edition, revised and updated throughout with several new contributing authors, incorporates the latest evidence and research-findings on a wide range of problems for which women seek medical guidance. There is an expanded section on menstrual problems and menopause-associated conditions, including clear guidance on the use of hormone replacement therapy."--Publisher's description.

A Handbook of Traditional Chinese Gynecology Simon and Schuster

This book is all about Menstrual Management & Hygiene For Women With Disabilities.

A Compendium of Chinese Medical Menstrual Diseases
Simon and Schuster

Drawing on case histories and her many years of clinical research, Dalton details the medical condition whose sufferers need understanding, support and effective treatment. A fully revised edition of the breakthrough book that describes the symptoms of PMS, the physiological changes that cause them, and strategies that can bring relief. Line drawings.

Period Power Cambridge University Press

Amenorrhea: A Case-Based Clinical Guide is a comprehensive review of the current knowledge regarding normal female reproductive physiology. Replete with interesting case vignettes and providing diagnostic algorithms and therapeutic strategies for amenorrhea, *Amenorrhea: A Case-Based Clinical Guide* is divided into three sections. The first section is composed of two chapters that provide a thorough review of basic science and clinical knowledge about the organ systems responsible for normal physiology of the menstrual cycle. The second section includes discussion about menstrual cycle disruption as it relates to hypothalamic-pituitary dysfunction, surgical and natural menopause, genetic defects, premature ovarian

failure/insufficiency and the effects of caloric excess and restriction. The third section offers an update on the physiological effects of prolonged amenorrhea induced surgically or by hypothalamic dysfunction and also includes an original chapter that focuses solely on the impact of race and ethnicity on the prevalence and diagnosis of amenorrhea. *Amenorrhea: A Case-Based Clinical Guide* brings together chapters from renowned experts who offer state-of-the-art, clinically useful information in a case-based, reader-friendly fashion. This title will be a welcome addition to the bookshelves of all clinicians who practice in women's health settings.

Periods Gone Public Tiller Press

This comprehensive handbook provides an authoritative source of information on global water and health, suitable for interdisciplinary teaching for advanced undergraduate and postgraduate students. It covers both developing and developed country concerns. It is organized into sections covering: hazards (including disease, chemicals and other contaminants); exposure; interventions; intervention implementation; distal influences; policies and their implementation; investigative tools; and historic cases. It offers 71 analytical and engaging chapters, each representing a session of teaching or graduate seminar. Written by a team of expert authors from around the world, many of whom are actively teaching the subject, the book provides a thorough and balanced overview of current knowledge, issues and relevant debates, integrating information from the environmental, health and social sciences.

Rtu Vidyā Bloomsbury Publishing

For the millions of menstruating women who suffer from debilitating pain, erratic periods, heavy bleeding, or the effects of premenstrual syndrome every month, this book explores a crucial missing link: stress. Drawing on personal experience of overcoming crippling period pain and clinical expertise as a medical herbalist, Natasha Richardson gives practical advice on using simple herbal remedies and how to change the way we approach our daily schedules - from sleep to nutrition. Common menstrual problems are explored with advice on how to treat their underlying causes. Heavy bleeding, erratic cycles, missed periods, painful cramps, acne, breast tenderness, PMS, migraine, and anxiety are featured plus the red flag symptoms to watch out for. Conditions such as endometriosis, PCOS, and fibroids are looked at in depth with accompanying treatment plans.

Hormone Repair Manual Visual Communication

This scarce antiquarian book is a facsimile reprint of the original. Due to its age, it may contain imperfections such as marks, notations, marginalia and flawed pages. Because we believe this work is culturally important, we have made it available as part of our commitment for protecting, preserving, and promoting the world's literature in affordable, high quality, modern editions that are true to the original work.

A Domestic Handbook of the Diseases of Women and of Midwifery Lara Briden

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Your Period Handbook Brill Wageningen Academic

Dysmenorrhea is estimated to effect upwards of 70% of women during their lifetime and "heavy menstrual periods" is one of the most frequently given reasons for hysterectomy in the United States. Despite the dramatic growth of dysmenorrhea treatment with non-steroidal anti-inflammatory agents (NSADs) in the 1980s, young women continue to go undiagnosed and under treated. The diagnosis and management of heavy menstrual bleeding has even poorer general understanding because of its more complicated etiologies. With a working knowledge of the underlying pathophysiology, all clinicians should be able to establish both the diagnosis and a credible treatment plan that will result in a significant chance of clinical improvement for most patients. This book addresses the pathophysiologic underpinnings of both dysmenorrhea and menorrhagia and provides clinicians with practical approaches to establishing the diagnosis, proven tactics for successful therapeutic interventions and dealing with the challenging atypical case, and effective patient counseling. It teaches principles, including the role prostaglandins play in both conditions, as well as procedures, like surgical options and TENS, providing a balance of the practical and the esoteric. The inclusion of patient education and counseling materials additionally increases its usefulness for the busy clinician. This is an ideal guide for ob/gyn clinicians, residents, and trainees caring for patients with these common, but often misunderstood diseases.

Blood Relations Storey Publishing, LLC

For the millions of menstruating women who suffer from debilitating pain, erratic periods, heavy bleeding, or the effects of premenstrual syndrome every month, this book explores a crucial missing link: stress. Drawing on personal experience of overcoming crippling period pain and clinical expertise as a medical herbalist, Natasha Richardson gives practical advice on using simple herbal remedies and how to change the way we approach our daily schedules - from sleep to nutrition. Common menstrual problems are explored with advice on how to treat their underlying causes. Heavy bleeding, erratic cycles, missed periods, painful cramps, acne, breast tenderness, PMS, migraine, and anxiety are featured plus the red flag symptoms to watch out for. Conditions such as endometriosis, PCOS, and fibroids are looked at in depth with accompanying treatment plans.