

Common Women's Problems
PREMATURE OVARIAN DECLINE • EARLY PUBERTY • FATIGUE
POLYCYSTIC OVARIAN SYNDROME • ENDOMETRIOSIS
INFERTILITY • PREMENSTRUAL SYNDROME • INSOMNIA
LOSS OF LIBIDO • MOOD SWINGS • ALLERGIES • PANIC ATTACKS
DEPRESSION • MIGRAINES • HEART FLUTTERS • WEIGHT GAIN
ACNE • HAIR LOSS • EXCESS BODY HAIR • PAINFUL PERIODS

It's My Ovaries, Stupid!



Includes a self-test

Lifestyle factors, dietary and environmental toxins . . . and even doctors can sabotage your hormones and fertility. Find out what you can do about it.

ELIZABETH LEE VLIET, M.D.

Bestselling author of

SCREAMING TO BE HEARD and WOMEN, WEIGHT, AND HORMONES

Its My Ovaries Stupid

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It's My Ovaries, Stupid! Elizabeth Lee Vliet, 2003 This landmark work in women's health identifies hormone dysfunction as a missing link afflicting millions of young women, teens and even children, robbing them of future fertility and contributing to devastating health problems. Includes a self test.

What You Must Know About Women's Hormones Pamela Wartian Smith, 2012-04-10 Hormonal imbalances can occur at any age before, during or after menopause and for a variety of reasons. While most hormone-related problems are associated with menopause, fluctuating hormonal levels can also cause a variety of other conditions and for some women the effects can be truly debilitating. **What You Must Know About Women's Hormones** is a clear guide to the treatment of hormonal irregularities without the health risks associated with standard hormone replacement therapy. This book is divided into three parts. Part I describes the body's own hormones, looking at their functions and the problems that can occur if these hormones are not at optimal levels. Part II focuses on the most common problems that arise from hormonal imbalances such as PMS, hot flashes and endometriosis. Lastly, Part III details hormone replacement therapy, focusing on the difference between natural and synthetic hormone treatments. Whether you are looking for help with menopausal symptoms or you simply want to enjoy vibrant health, **What You Must Know About Women's Hormones** can make a profound difference in your life.

Integrative Medicine E-Book David Rakel, 2012-04-12 **Integrative Medicine** by Dr. David Rakel provides the practical, evidence-based guidance you need to safely and effectively integrate complementary and alternative medical treatments into your practice. This medical reference book lays the framework for making the best use of these therapeutic modalities and understanding the mechanisms by which these interventions work, keeping you at the forefront of the trend toward integrative health care. Incorporate therapeutic integrative medicine modalities into clinical practice through the Tools for Your Practice section that offers how to application for recommending meditation, prescribing probiotics and how to do an elimination diet. Apply integrative treatments for a full range of diseases and conditions including autism, stroke, chronic fatigue syndrome and various forms of cancer. See how to advise patients on health maintenance and wellness and get valuable advice on topics such as meditation, diet and exercises for back pain. Avoid potential complications with recommended dosages and precautions. Enhance patient care with therapy-based guidance and printable patient education guides. Implement proven integrative treatments for various diseases thanks to an evidence-based therapeutic approach. Weigh the likely effectiveness of various treatments vs their potential harm with helpful icons based on the SORT Strength of Recommendation Taxonomy method. Validate potential interventions through the latest research in genomics and advanced imaging technologies such as MRI.

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resources in integrative medicine **Journal of Orthomolecular Medicine** ,2007 **The Fertility Diet** Sarah Dobbryn,2012-01-05 Approximately 500m per year is spent in the UK on assisted conception techniques such as IVF by couples who do not know that their diet could be affecting their fertility Men and women who are stigmatised as infertile or told they are too old to have a baby feel betrayed by their own bodies yet according to Sarah Dobbryn biological age and chronological age do not have to coincide If your body believes you are young and healthy enough to have a baby no matter how old you are you will be able to conceive a child and easily Not only this but a healthy diet that eschews contraceptive foods can enhance libido and delay the onset of the menopause With chapters on fertility power foods supplements and drinks enhancing male fertility and avoiding miscarriage The Fertility Diet will tell readers everything they need to know about staying as young fertile and sexually charged for as long as possible With delicious recipes and a Fertility Action Plan at the end of each chapter the book sets out suggestions for immediate steps you can take today to maximise your chances of conceiving the old fashioned way Women Doctors Guide to Health & Healing Oxmoor House, Incorporated,2003 Thousands of tips on hundreds of conditions from women doctors dietitians psychologists nurses beauty experts and more Solve your every health concern with advice from women experts **The Publishers Weekly** ,2003 *Elle* ,2003-07

Blue Genes Paul Meier,Paul D. Meier,Todd Clements,Jean-Luc Bertrand,David Mandt, Sr.,2005 This book will assist readers in helping themselves as well as their family members and others they love by learning how to recognize various brain chemical abnormalities **Hysterectomy?** Elizabeth L. Plourde,2003 Essential reading for anyone facing the hysterectomy decision this insightful book shares the facts through heartfelt first person stories The Enzyme Diet Solution Allan C. Somersall,Dr Allan C Somersall, Ph.D., M.D.,2003-08-28 Body weight is an intensely personal thing There s no escaping it It greets you every morning in the bathroom mirror it follows you throughout the day by the reflections in the eyes of everyone you meet and it whispers a good night benediction as you put out your vanity light It is your second face Dr Allan C Somersall **Gather Together in My Name** Maya Angelou,1975 In Gather Together in My Name Maya Angelou continues her stunning autobiography By turns hilarious and heartbreaking passionate and mellow she fills the pages with both wisdom and wonder as she brings us along in her struggle and dance through life From the Paperback edition

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The Enigmatic Realm of **Its My Ovaries Stupid**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Its My Ovaries Stupid** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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