



## Herbal Remedies for Women: Discover Natures Wonderful Secrets Just for Women

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By Amanda McQuade Crawford

Three Rivers Press (CA). Paperback. Book Condition: New. This item is printed on demand. Paperback. 304 pages. More Women Choosing Herbal Alternatives Now, more than ever before, women are taking control of their own health and vitality by choosing herbal remedies as an alternative to traditional medicine. Because every year there are new research findings that women and their health providers need to know about, author Amanda McQuade Crawford, M. N. I. M. H, has used her clinical expertise to develop Herbal Remedies for Women. Amanda is not afraid to speak the truth about womens health issues and how herbs can help, said Deb Soule, author of The Roots of Healing: A Womans Book of Herbs. Her words of wisdom and capacity for caring are a gift to women everywhere. Herbal medicine is, in fact, fast becoming the alternative medicine of choice. Included in Crawfords book is a broad spectrum of herbal remedies for various ailments such as chasteberry seed for fibroids as well as dandelion root and leaf for endometriosis. Also included is an herbal glossary and information on herbal preparation which corrects many herbal myths. Organized into six sections, Herbal Remedies for Women is designed to offer readers natural...



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