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Book Review: Healing Mind, Healthy Woman: Using the Mind-Body Connection to Manage Stress and Take Control of Your Life. By Dr. Alice Domar. On May 10, 2009. Amazon.com Review . Women are infected with negative self images and stereotypes which can wreak havoc on their ability to stay well and recover from illness. Dr.

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Healing mind, healthy woman : using the mind-body connection to manage stress and take control of your life. [Alice D Domar; Henry Dreher] -- Outlines techniques for relieving stress, infertility, eating disorders, and other conditions.

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In this work, Alice Domar claims that mind-body medicine helps alleviate gynaecological problems, eating disorders, pain and anxiety, and promotes well-being.

The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women’s bodies and souls—This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one. Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

Finally, Dreher provides a critical overview of the social and political context of this research, from the presentations of leading popularizers such as Bernie Siegel and Deepak Chopra, to the experiences of practitioners and patients, to the resistance of mainstream medicine, to the many exciting possibilities suggested by a deeper understanding of how mind and body are inextricably bound.

The uterus is a remarkable organ—it is our first home, contributes to women’s sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health-promoting strategies for organs like the heart and lungs have become common knowledge, preventative measures for lifelong uterine health have been largely absent from Western medical care. Consequently, one-third of all women in the United States will have a hysterectomy—the highest rate in the world. In The Uterine Health Companion, anthropologist and holistic health expert Eve Agee reveals that women in many non-Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus. Drawing on her research with women in the United States and abroad, Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS, fibroids, and endometriosis do not have to be our destiny as women. Through poignant narratives as well as global insights, the book inspires us to develop new understandings about health and healing that affirm all women. The Uterine Health Companion demonstrates why the uterus matters and how we can take care of it, from menarche to menopause—and beyond. A comprehensive holistic plan including nutrition, exercise, and visualization guides us to promote uterine wellness and enhance conventional medical therapies. Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies. The book also includes strategies for women who have had hysterectomies. This empowering resource offers a prescriptive, balanced approach to developing and maintaining optimal uterine health, for every woman at any stage of life. Award-Winner, "Health: Women's Health" category, 2011 International Book Awards

For a full list of entries and contributors, sample entries, and more, visit the Routledge International Encyclopedia of Women website. Featuring comprehensive global coverage of women's issues and concerns, from violence and sexuality to feminist theory, the Routledge International Encyclopedia of Women brings the field into the new millennium. In over 900 signed A-Z entries from US and Europe, Asia, the Americas, Oceania, and the Middle East, the women who pioneered the field from its inception collaborate with the new scholars who are shaping the future of women's studies to create the new standard work for anyone who needs information on women-related subjects.

Their own naturally rich imaginations are one of the best resources for healing children or helping them through difficult times. Guided Imagery for Healing Children and Teens shows parents, caregivers, and wellness practitioners how to tap into this powerful source of healing to help children overcome the pain and discomfort of anything from a minor fever to cancer. This easy-to-use manual includes an explanation of mind-body medicine and imagery, real-life case studies from the author's experience, and many rich, scripted imageries for both the younger child and teenager. Equipped with these valuable tools,

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children can connect with their self-healing abilities, strengthen their self-esteem, and enjoy their own imaginations!

Named one of the top health and wellness books for 2016 by MindBodyGreen Depression is not a disease. It is a symptom. Recent years have seen a shocking increase in antidepressant use the world over, with 1 in 4 women starting their day with medication. These drugs have steadily become the panacea for everything from grief, irritability, panic attacks, to insomnia, PMS, and stress. But the truth is, what women really need can't be found at a pharmacy. According to Dr. Kelly Brogan, antidepressants not only overpromise and underdeliver, but their use may permanently disable the body's self-healing potential. We need a new paradigm: The best way to heal the mind is to heal the whole body. In this groundbreaking, science-based and holistic approach, Dr. Brogan shatters the mythology conventional medicine has built around the causes and treatment of depression. Based on her expert interpretation of published medical findings, combined with years of experience from her clinical practice, Dr. Brogan illuminates the true cause of depression: it is not simply a chemical imbalance, but a lifestyle crisis that demands a reset. It is a signal that the interconnected systems in the body are out of balance — from blood sugar, to gut health, to thyroid function — and inflammation is at the root. A Mind of Your Own offers an achievable, step-by-step 30-day action plan — including powerful dietary interventions, targeted nutrient support, detoxification, sleep, and stress reframing techniques — women can use to heal their bodies, alleviate inflammation, and feel like themselves again without a single prescription. Bold, brave, and revolutionary, A Mind of Your Own takes readers on a journey of self-empowerment for radical transformation that goes far beyond symptom relief.

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