

# Women's Herbs: Women's Health

Christopher Hobbs, Kathi Keville



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The beauty of herbal remedies is that they encourage the body to heal itself, causing the least amount of interference to the body's natural rhythm. This invaluable sourcebook of knowledge will help women discover time-honored safe treatments and preventive measures to help with common female conditions. Herbal treatments can benefit menstruation, anemia, vaginal and urinary tract infections, sexually transmitted diseases, cervical dysplasia, endometriosis, fibroids and cysts, menopause, osteoporosis, heart disease, pregnancy and birth. This book presents current information, clinical studies, and controversial subjects in an intelligent manner easily understood by contemporary women.



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