

B009nfnbo0 Womancode Perfect Your Cycle Amplify Your Fertility Supercharge Your Sex Drive And Become A Power Source English Edition

Medical Bondage Deirdre Cooper Owens 2017-11-15 The accomplishments of pioneering doctors such as John Peter Mettauer, James Marion Sims, and Nathan Bozeman are well documented. It is also no secret that these nineteenth-century gynecologists performed experimental caesarean sections, ovariectomies, and obstetric fistula repairs primarily on poor and powerless women. *Medical Bondage* breaks new ground by exploring how and why physicians denied these women their full humanity yet valued them as “medical superbodies” highly suited for medical experimentation. In *Medical Bondage*, Cooper Owens examines a wide range of scientific literature and less formal communications in which gynecologists created and disseminated medical fictions about their patients, such as their belief that black enslaved women could withstand pain better than white “ladies.” Even as they were advancing medicine, these doctors were legitimizing, for decades to come, groundless theories related to whiteness and blackness, men and women, and the inferiority of other races or nationalities. *Medical Bondage* moves between southern plantations and northern urban centers to reveal how nineteenth-century American ideas about race, health, and status influenced doctor-patient relationships in sites of healing like slave cabins, medical colleges, and hospitals. It also retells the story of black enslaved women and of Irish immigrant women from the perspective of these exploited groups and thus restores for us a picture of their lives.

New Menopausal Years Susun S. Weed 2002 Called "my menopause bible" by half a million women, the best book on menopause is now better. Originally published in 1992 and still a top best-seller. Completely revised with 100 new pages. Susan S. Weed (author of the best-sellers *Breast Cancer. Breast Health! the Wise Woman Way*, *Wise Woman Herbal for the childbearing Year*, and *Healing Wise*) has completely rewritten this classic after listening to over 20,000 women talk about menopause and what works for them. All the remedies women know and trust plus hundreds of new ones. New Sections on thyroid health fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. Introduction by Juliette de Bairacli Levy. Beautifully illustrated, superbly indexed, wrapped in the healing cloak of the Ancient Ones, this is a book for women of all ages who want strong bones, healthy hearts, and a long, joyous life without hormones.

The Birth House Ami McKay 2012-08-30 In a tale spanning the 20th century, Ami McKay takes a primitive and superstitious rural community in Nova Scotia and creates a rich tableau of characters to tell the story of childbirth from its most secretive early practices to modern maternity as we know it.

Fix Your Period Nicole Jardim 2020-04-30 Forget ‘women’s troubles’ and get your cycle working for you. For most women, one week (or more) out of every month is sacrificed to having a period or anticipating its arrival. And it is largely experienced as a colossal disruption - from being doubled over in pain and suffering from acne outbreaks to loss of sex drive, exhaustion, insomnia and major moodiness. Yet when women seek medical assistance, they are usually told to accept it or take birth control pills to ‘balance’ hormones. What's wrong with this picture? Everything! Period problems are not simply to be endured or covered up with pills - they are our body’s way of telling us that something is wrong. And ignoring these signs can lead to bigger health issues - including fertility problems - down the line. This is where *Fix Your Period* comes in. Based on decades of work with women, Nicole Jardim’s all-natural approach will help you to see the red flags (no pun intended) that your period (or lack thereof) can alert you to, how to troubleshoot these symptoms to get a better understanding of the problem and, most importantly, what to do about it. It is an empowering approach that will give you the essential tools to take control of your own healing. Whether you are suffering from PMS, PCOS (polycystic ovarian syndrome), irregular periods, painful periods, endometriosis, fibroids, *Fix Your Period* will enable you to regain normal, healthy periods and get your life back on track.

Period Repair Manual Lara Briden 2017-09-14 *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.

Otherhood Melanie Notkin 2014-03-04 Melanie Notkin wants to change our perceptions about childless women. The rise of childless women is one of the most overlooked and under-appreciated social issues of our time. Never previously have more women lived longer before having their first child or remained childless toward the end of their fertility. In the U.S., the level of childlessness of women age forty to forty-four has doubled, from 10 percent in 1976 to 20 percent in 2006. Society assumes that women either are mothers or choose not to be mothers, but waiting for love and marriage—or at least a committed union—before embarking on motherhood seems to be the least acceptable life choice for the modern woman. Nearly half of North American women of childbearing age are childless, a steep rise from 35 percent in 1976. Nevertheless, childless women are perceived as the exception, not the norm. In *Otherhood*, Melanie Notkin explores this modern phenomenon to understand the reasons for this shift, the social and emotional impact of childlessness, and how this “new normal” will impact social structures in the decades to come. Part anecdotal storytelling, part inspirational, part reportage, and part manifesto, *Otherhood* sets out to get to the heart of the issues, enliven the societal consciousness, and trigger conversation. Notkin offers a very personal take on a trend that affects so many modern women.

The Sex Drive Solution for Women Jennifer Landa 2012-01 Presents advice for women over forty years of age on restoring their sex drive, covering such topics as balancing hormones, overcoming stress and fatigue, improving nutrition, and increasing exercise, with real life examples from the author's patients.

In the FLO: A 28-day plan working with your monthly cycle to do more and stress less Alisa Vitti 2020-01-23 How women can improve their productivity, happiness, and physical well-being by keeping their natural cycles in mind and working with them (rather than ignoring them).

The Story of Jane Laura Kaplan 2019 An extraordinary history by one of its members, this is the first account of Jane's evolution, the conflicts within the group, and the impact its work had both on the women it helped and the members themselves. This book stands as a compelling testament to a woman's most essential freedom--control over her own body--and to the power of women helping women.

Unbinding the Heart Agapi Stassinopoulos 2013-05-01 *Unbinding the Heart* invites us on an inspiring journey of inner exploration to reconnect with our true selves. Born in Greece, a country that celebrates life, Agapi Stassinopoulos learned the essential truths of happiness through the examples of wisdom, caring, playfulness, and generosity she saw all around her, starting with her own mother. She came to realize that we are all born with open hearts, but that we quickly learn to put conditions on our happiness—comparing ourselves to others, casting judgment, doubting ourselves, allowing fear or entitlement or self-righteousness to take hold—and slowly our hearts begin to close. We isolate ourselves, feeling alone, disconnected, and unheard; and in doing so, we immobilize our spirit, stifle our authentic expression, and cut off our joy. As she went on, Agapi, like so many of us, came under the soul-constricting influences of the larger world. In her struggle to find her place and her voice, trying to balance the acting career she dreamed of with the spiritual life she longed for, she discovered a path that was uniquely hers. *Unbinding the Heart* shows how she found her way home to herself. In 32 personal, heartfelt stories full of insight and humor, Agapi takes us from her mother’s

bountiful kitchen, where the seeds of fearless living were planted, to the London classical stage, to an epiphany on a New York City bus—and inspires us with the confidence to let go of the beliefs that bind us and come to a deeper understanding of life and love.

Slim Calm Sexy Yoga Tara Stiles 2010-08-31 Explains how to use fifteen-minute yoga sessions to lose weight, reduce stress, stay healthy, look great, and even have better sex.

The Happy Hormone Guide Shannon Leparski 2019-09-10 A comprehensive, plant-based lifestyle program to help women balance their hormones, increase energy, and reduce PMS symptoms. After struggling for years with acne, oily skin and hair, debilitating cramps, mood swings, brain fog, intense cravings, insomnia, bloating, and weight gain before her period, author and certified hormone specialist Shannon Leparski developed the Happy Hormone Method through extensive research. Her life changed for the better and Shannon made it her mission to combat hormone imbalance and promote women's health. The Happy Hormone Guide includes comprehensive, phase-specific (menstrual, follicular, ovulatory, and luteal) guidance including: Changes in fertility, libido, and basal body temperature Beneficial foods, micronutrients, and supplements Phase-specific recipes to support hormone balance (can also reduce symptoms associated with endometriosis) Common changes to mood and energy levels Exercise tips suitable to different times of the month Facial recipes, hair masks, and essential oil blends Modern culture expects women to keep up with the same demanding daily routine, but women's cycles are anything but consistent. The Happy Hormone Guide explores the ebbs and flows of a woman's monthly cycle and provides a holistic view of the female hormone and endocrine system so that you can take control of your cycle and improve your quality of life.

Wild Power Sjanie Hugo Wurlitzer 2017-04-04 Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Wild Power tells a radical new story about feminine power. It reveals: · Your inner architecture and the path to power that is encoded in your body · How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority · Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle · How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing · How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

Obstetrics and Gynecology in Chinese Medicine E-Book Giovanni Maciocia 2011-05-12 New edition of the most comprehensive Chinese Medicine Obstetrics and Gynecology textbook in the English language World-renowned author and teacher Giovanni Maciocia gives a clear, detailed explanation of the physiology, pathology and aetiology of women's disorders in Traditional Chinese Medicine (TCM) and adapts these to Western conditions and patients. Seventy gynecological conditions are discussed in detail with consideration given to differentiation between conditions, the advised treatment using acupuncture and herbs, prevention and prognosis. Guidelines on lifestyle and use of the eight Extraordinary Vessels are provided, with case studies allowing easy application of theory to practice throughout. New for this edition: New attractive two-colour layout with book marks to ease navigation Endometriosis and its treatment now included and fully covered in a new chapter Infertility chapter includes recent research highlighting factors in infertility All prescriptions now removed from the text and attractively presented in three appendices: Patient Remedies, Prescriptions and Three Treasure Remedies "Obstetrics and Gynecology in Chinese Medicine is a paradigmatic work. It is tempered with reverence and innovation, meticulous archival attention and detailed modern clinical insight. When future generations look back at this work...they will find not only knowledge and wisdom but also reasons for inspiration and awe." From the Foreword to the first edition by Ted J. Kaptchuk, Associate Director, Centre for Alternative Medicine Research, Beth Israel Hospital; Instructor in Medicine, Harvard medical School, Boston, USA. • Physiology and pathology of women's disorders in Chinese medicine • Aetiology and diagnosis of women's disorders • Differentiation and treatment - including acupuncture, herbs and patent remedies - of 64 gynecological conditions • Prevention and prognosis for each disease • Approximately 100 case histories from the author's own practice • A detailed discussion of the use of the eight extraordinary vessels in gynecology

A New View of a Woman's Body Federation of Feminist Women's Health Centers (U.S.) 1991

8 Steps to Reverse Your PCOS Fiona McCulloch 2016-09-20 A Unique 8-Step System to Reverse Your PCOS Author and naturopathic doctor Fiona McCulloch dives deep into the science underlying the mysteries of PCOS, offering the newest research and discoveries on the disorder and a detailed array of treatment options. Polycystic ovary syndrome (PCOS) is the most common hormonal condition in women. It afflicts ten to fifteen percent of women worldwide, causing various symptoms, including hair loss, acne, hirsutism, irregular menstrual cycles, weight gain, and infertility. 8 Steps to Reverse your PCOS gives you the knowledge to take charge of your health. Dr. McCulloch introduces the key health factors that must be addressed to reverse PCOS. Through quizzes, symptom checklists, and lab tests, she'll guide you in identifying which of the factors are present and what you can do to treat them. You'll have a clear path to health with the help of this unique, step-by-step natural medicine system to heal your PCOS. Having worked with thousands of people seeking better health over the past fifteen years of her practice, Dr. McCulloch is committed to health education and advocacy, enabling her patients with the most current information on health topics and natural therapies with a warm, empathetic approach.

Strala Yoga Tara Stiles 2021-11-09 In Strala Yoga, Tara Stiles explains the origin and philosophy of this feelings-based style of yoga, which is spreading like wildfire around the world—from New York City to Barcelona to Singapore. Focusing on the power of combining movement with intuition, Tara walks readers through the importance of moving with ease and creating space in their lives. Strala isn't about strict poses; it's about your body and your abilities. By moving how it feels good to move, readers will not only get a great workout but also release stress, free up space in their minds, and open themselves up to creativity. Tara lays out simple, step-by-step information on everything from how to use the breath in movement, to how to create ease, to how to set up a home practice. More than ten routines—each illustrated with clear, instructional photos—offer both easy and more difficult tracks, appealing to beginners and seasoned yogis alike, and aim to help readers dissolve stress, get better sleep, gain energy, or even wind down after a tough day. Tara also offers up both a 7-day jumpstart and a 30-day program to help readers bring yoga—and its varied benefits—easily into their lives."My goal is to help you feel connected and gain strength, calm, clarity, and ease from the inside out. Get ready to feel amazing, and enjoy the ride!" —Tara

Howkins & Bourne, Shaw's Textbook of Gynecology, 17 edition-EBOOK Sunesh kumar 2018-07-05 The book is extensively revised and updated to incorporate the latest changes and development of newer concept. Written in a narrative manner which is easier to understand. Bulleted text and key highlights/ important points in boxes for extra emphasis and retention. Inclusion of more flowcharts and colored pictures. It covers the entire course curriculum in an easy to understand, retain and reproducible manner; including assessment questions to help in rapid revision and exam preparation.

Balance Your Hormones, Balance Your Life Claudia Welch 2011-03-22 Deepak Chopra meets Christiane Northrup in this women's health guide, which uses Ayurvedic and traditional Chinese Medicine to achieve hormonal balance and optimal well-being.

What Your Doctor May Not Tell You About(TM): Menopause John R. Lee 2004-02-01 Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

Essentials of Obstetrics and Gynecology Neville F. Hacker 2004 This best-selling textbook delivers all you need to master the Obstetrics and Gynecology Clerkship, offering step-by-step, how-to guidance on evaluating, diagnosing, and managing a full range of normal and abnormal pregnancies and gynecologic conditions. And now, it has been completely revised and reorganized to present a state-of-the-art approach to the field! The result is an outstanding resource to help you meet the clinical challenges encountered in obstetrics and gynecology. Book jacket.

No Excuses Gloria Feldt 2012-02-28 An invaluable guidebook, which contends that the most vexing problems facing women today isn't that doors of opportunity aren't open but that not enough women are walking through them Feminist icon Gloria Feldt pulls no punches in this new book, which argues that the most confounding problem facing women today isn't that doors of opportunity aren't open, but that not enough women are walking through them. From the boardroom to the bedroom, public office to personal relationships, she asserts that nobody is keeping women from parity-except themselves. Feldt puts women's power into an historical context, showing the ways in which women have made huge leaps forward in the past, only to pull back right when they were at the threshold. Feldt argues that there's no excuse-whether it's the way women are socialized, or pressure to conform, or work/life balance issues-for women today not to own their power. Women are still facing unequal pay, being passed over for promotions, entering public office at a much lesser rate than men, and oftentimes still struggling with traditional power dynamics in their interpersonal relationships. Feldt's solution to all these places where women face inequality is the same: we need to shift the way we think to achieve true parity with our male counterparts. No Excuses is divided into nine chapters that organized around how women can change the way they think, and therefore the way they act. These include: Know Your History and You Can Create the Future of Your Choice; Define the Terms-First; Embrace Controversy; Employ Every Medium; and other helpful ideas for using the tools and resources women already have to create the changes they want to see. No Excuses is a timely and invaluable book to help women equalize gender power in politics, work, and love.

Womancode Alisa Vitti 2013 Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

Yoga Cures (Enhanced Edition) Tara Stiles 2012-04-03 With over 50 videos demonstrating yoga practices to treat your most common aches and pains, this enhanced edition brings the teachings of instructor Tara Stiles to life. Do you have a headache? PMS? Cellulite? Shin splints? A broken heart? Or do you just need to chill the *&@# out? There's a yoga cure for each of these things. In Yoga Cures, Tara Stiles—owner of Strala Yoga in Manhattan—offers an A-to-Z guide of the poses you can do to target specific problems in your body and get you feeling better right away. Using the fun, fresh approach to yoga she is known for, Stiles takes on more than 50 common conditions ranging from arthritis and fibromyalgia to jiggly thighs and hangovers. Through a simple sequence of poses for each, suitable for the beginner through the advanced practitioner, she provides smart remedies that will keep you healthy and happy. This deluxe edition includes video footage of Stiles demonstrating and narrating the sequence of poses that comprises each cure so that you can start practicing at home today.

Surgical Recall Lorne H. Blackbourne 2011-11-11 Now in its Sixth Edition, Surgical Recall allows for rapid-fire review of surgical clerkship material for third- or fourth-year medical students preparing for the USMLE and shelf exams. Written in a concise question-and-answer format—double-column, question on the left, answer on the right—Surgical Recall addresses both general surgery and surgical subspecialties. Students on rotation or being PIMPed can quickly refer to Surgical Recall for accurate and on-the-spot answers. The book includes survival tactics and tips for success on the boards and wards as well as key information for those new to the surgical suite.

Our Bodies, Ourselves: Menopause Boston Women's Health Book Collective 2008-06-16 FROM THE EDITORS OF THE CLASSIC "BIBLE OF WOMEN'S HEALTH," A TRUSTWORTHY, UP-TO-DATE GUIDE TO HELP EVERY WOMAN NAVIGATE THE MENOPAUSE TRANSITION For decades, millions of women have relied on Our Bodies, Ourselves to provide the most comprehensive, honest, and accurate information on women's health. Now, in Our Bodies, Ourselves: Menopause, the editors of the classic guide discuss the transition of menopause. With a preface by Vivian Pinn, M.D., the director of the Office of Research on Women's Health at the National Institutes of Health, Our Bodies, Ourselves: Menopause includes definitive information from the latest research and personal stories from a diverse group of women. Our Bodies, Ourselves: Menopause provides an in-depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes, mood swings, and night sweats. In clear, accessible language, the book dispels menopause myths and provides crucial information that women can use to take control of their own health and get the best care possible. Our Bodies, Ourselves: Menopause is an essential resource for women who are experiencing -- or expecting -- menopause.

Herbal Hormone Handbook for Women Carmen Reeves 2015-09-23 #1 Bestseller - Herbal Hormone Handbook for Women Addressing hormonal symptoms for all important stages throughout life 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight Learn how to help your body regain hormonal balance with simple herbal products, nutritive supplements and lifestyle improvements and feel the many benefits of a balanced body. You might be wondering why you are unable to lose weight, why you feel persistent low energy, or why you feel anxious or stressed. It may not always be obvious that our hormones are out of balance and causing these symptoms. You may be relieved to learn that there are ways to detect hormonal imbalances and address them with gentle effective strategies. This book discusses the female endocrine system, the hormones that help carry out complex physiological bodily functions and how we can take steps to assist our body in achieving balance and health. Hormonal health in women is often left unrecognized and ignored until adverse symptoms appear. By learning about our endocrine system and all that hormones do, we can begin to nourish and tend our bodies thus getting to the root of imbalance before it negatively affects our health. This book contains a comprehensive list of hormonal imbalance symptoms and ways to help relieve those symptoms by positively affecting our health with herbs, diet, supplements, exercise and other lifestyle enhancements. In this book you will find: * What hormones are and why they are vital * A detailed list of common causes of hormonal imbalance * How phytonutrients improve hormonal functioning * Lifestyle tips that complement a healthy diet * Hormone balancing herbs like Vitex, Raspberry Leaf, Motherwort and Wild Yam * How nutritional deficiencies, like Vitamin D and Iodine can cause hormonal imbalance * Natural sources of Essential Fatty Acids, like Evening Primrose Oil * Why adrenals get exhausted and what you can do about it * How exercise improves hormonal health * Different glands of the endocrine system, their function and symptoms that signal imbalance * How moods swings and irritability can be improved naturally * Diet or weight challenges and how hormones may be related * Why periods can be irregular and how to help this * Natural ways to ease stress and anxiety by improving hormonal function * How hormonal headaches can be relieved * Hormonal health during pregnancy, childbirth and postpartum * Ways to ease through perimenopause and menopause * How to address female reproductive disorders like Cervical Dysplasia, Fibroids, Endometriosis, PCOS and Breast Cysts * Other common hormonal symptoms including acne, body odor and fatigue How this book will benefit you: * Learn how to care for your body to bring ultimate, hormonal health * Learn how to avoid harmful chemical hormone disruptors * See how taking herbs can help balance your hormones while supplying many nutrients * Begin to see your own results as you bring nutritional balance to your hormonal system * Learn dozens of lifestyle tips to help bring your hormones back into balance * Find out how a diet rich in whole foods can support your endocrine system * Start taking your hormonal health into your own hands Interested in learning more about keeping your hormones balanced? Download this book

today to achieve hormonal harmony

A Gynecologist's Second Opinion William H. Parker 2002-12-31 A sensitive, authoritative, and up-to-date guide to common gynecological problems and procedures answers questions about the diagnosis and treatment of fibroids, ovarian cysts, endometriosis, pelvic pain, and related problems.

Money, A Love Story Kate Northrup 2013-09-10 Having a good relationship with money is tough—whether you have millions in the bank or just a few bucks to your name. Why? Because just like any other relationship, your life with money has its ups and downs, its twists and turns, its breakups and makeups. And just like other relationships, living happily with money really comes down to love—which is why love is the basis of money maven Kate Northrup's book. After taking the Money Love Quiz to see where on the spectrum your relationship with money stands—somewhere between "on the outs" and "it's true love!"—Northrup takes you on a rollicking ride to a better understanding of yourself and your money. Step-by-step exercises that address both the emotional and practical aspects of your financial life help you figure out your personal perceptions of money and wealth and how to change them for the better. You'll learn about thought patterns that may be holding you back from earning what you're worth or saving what you can. You'll learn how to chart your current financial life and create a plan to get you to where you want to be—whether that's earning enough to live in a penthouse in Manhattan or a cabin in the Rockies. Using client stories and her own saga of moving from \$20,000 of debt to complete financial freedom by the age of 28, Northrup acts as a guide in your quest for personal financial freedom. She'll teach you how to shift your beliefs about money, create a budget, spend in line with your values, get out of debt, and so much more. In short, she'll teach you to love your money, so you can love your life.

Beckmann and Ling's Obstetrics and Gynecology Robert Casanova 2023-04-18 Beckmann and Ling's *Obstetrics and Gynecology*, 9th Edition, provides the foundational knowledge medical students need to complete an Ob/Gyn rotation, pass national standardized exams, and competently care for women in clinical practice. Highly respected for its authoritative expertise and preferred by students for its concise, consistent approach, the text is fully aligned with the Association of Professors of Gynecology and Obstetrics' educational objectives, upon which most clerkship evaluations and final exams are based. The 9th Edition is updated throughout and enhanced with engaging new features that encourage reflection, strengthen retention, and deliver critical preparation for exams and clinical practice.

Gynecologic Oncology Handbook Michelle Benoit, MD 2013-05-18 *Gynecologic Oncology Handbook* provides a comprehensive yet concise, practical guide for fellows, residents, specialist trainees, and clinicians in the diagnosis and management of gynecologic cancers. The book addresses the fundamentals of gynecologic oncology, including staging, surgical therapies, comorbidity diagnosis and management, adjuvant therapies including chemotherapy and radiation, and survival and palliative care. With a focus on specific management decision-making, the book provides the basic information needed to guide the clinician on the ward or in the clinic, including clinical study references, medical comorbidity algorithms, and directed gynecologic cancer workups and treatments. In a bullet point format, the book provides the resources you need to meet the demands of clinical management in gynecologic cancer care. *Gynecologic Oncology Handbook* features: Covers all fundamentals of gynecologic oncology including, staging, surgical therapies, comorbidity diagnosis and management, adjuvant therapies, and background study data Examines survivor care and palliative care practices Includes clinical study references, medical comorbidity algorithms, and directed workups and treatments Written in bullet-point format for quick reference

The PCOS Diet Plan Hillary Wright 2010-11-09 Polycystic Ovary Syndrome is the most common hormonal disorder among women of reproductive age, and if left unchecked, is linked to serious health issues like infertility, type 2 diabetes, heart disease, and endometrial cancer. In this groundbreaking book, registered dietitian Hillary Wright explains this increasingly diagnosed disorder and introduces the holistic symptom-management program she developed by working with hundreds of patients. With Wright's proven diet and lifestyle-based program, you can influence your reproductive hormones and take charge of your health. Featuring a carbohydrate distribution approach at its core, *The PCOS Diet Plan* also zeroes in on exactly what exercise, supplements, and self-care choices you can make to feel better every day. With information on how to develop healthy meal plans, choose a sustainable exercise routine, relieve stress, address fertility issues, and find emotional support, this accessible, all-in-one guide will be your trusted companion to a better life. From the Trade Paperback edition.

Mama Glow Latham Thomas 2012-11-06 In *Mama Glow*, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your "bun." *Mama Glow* also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. *Mama Glow* includes: • Illustrated exercises for a fit, fabulous, and comfortable pregnancy • Fleshed-out cleansing programs to boost fertility • A simple formula for deconstructing those crazy cravings • Yoga sequences designed for prepregnancy, each trimester, and postpartum • Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag • Glow foods to help you snap back to your fab prebaby body As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

Women's Gynecologic Health Schuiling 2016-07-29 *Women's Gynecologic Health*, Third Edition is a trusted, comprehensive, and evidence-based text that presents women's gynecologic health from a woman-centered and holistic viewpoint. Encompassing both health promotion and management of gynecologic conditions, it provides clinicians and students with a strong foundation in gynecologic care and the knowledge necessary to apply it in clinical practice. With an emphasis on the importance of respecting the normalcy of female physiology, it is an essential reference for all women's healthcare providers. The Third Edition includes four new chapters on prenatal and postpartum care, including anatomy and physiologic adaptations of normal pregnancy, diagnosis of pregnancy and overview of prenatal care, common complications of pregnancy, and postpartum care.

Mama Gena's School of Womanly Arts Regena Thomashauer 2002-05-01 *Mama Gena's School of Womanly Arts* shows women how celebrating their sensuality can help them achieve their dreams—"think of it as *The Power of Positive Thinking* as interpreted by Anais Nin" (*The New York Times*). Relationship expert Regena Thomashauer teaches the lost "womanly arts" of identifying your desires, having fun no matter where you are, knowing sensual pleasure, befriending your inner bitch, flirting (in a way that makes your day, not just his), and more—because making pleasure your priority can actually help you reach your goals. So if you need a refresher course in fun—and you know you do—come to Mama.

Mosby's Pocket Guide to Fetal Monitoring Lisa A. Miller 2012-02-23 Rev. ed. of: *Mosby's pocket guide to fetal monitoring* / Susan Martin Tucker, Lisa A. Miller, David A. Miller.

The Birth of the Pill Jonathan Eig 2014-10-23 In the winter of 1950, Margaret Sanger, then seventy-one, and who had campaigned for women's right to control their own fertility for five decades, arrived at a Park Avenue apartment building. She had come to meet a visionary scientist with a dubious reputation more than twenty years her junior. His name was Gregory Pincus. In *The Birth of the Pill*, Jonathan Eig tells the extraordinary story of how, prompted by Sanger, and then funded by the wealthy widow and philanthropist Katharine McCormick, Pincus invented a drug that would stop women ovulating. With the support of John Rock, a charismatic and, crucially, Catholic doctor from Boston, who battled his own church in the effort to win public approval for the controversial new drug, he succeeded. Together, these four determined men and women changed the world. Spanning the years from Sanger's heady Greenwich Village days in the early twentieth century to trial tests in Puerto Rico in the 1950s to the cusp of the sexual revolution in the 1960s, this is a grand story of radical feminism, scientific ingenuity, establishment opposition, and, ultimately, a sea change in social attitudes. Brilliantly researched and vividly written, *The Birth of the Pill* is a gripping account of a

remarkable cultural, social and scientific journey

Body Outlaws Ophira Edut 2004-01-01 Pick up a magazine, turn on the TV, and you'll find few women who haven't been fried, dyed, plucked, or tucked. In short, you'll see no body outlaws. The writers in this groundbreaking anthology reveal a world where bodies come in all their many-splendored shapes, sizes, colors, and textures. In doing so, they expand the national dialogue on body image to include race, ethnicity, sexuality, and power?issues that, while often overlooked, are intimately linked to how women feel about their bodies. Body Outlaws offers stories by those who have chosen to ignore, subvert, or redefine the dominant beauty standard in order to feel at home in their bodies. In a culture where plastic surgery has become nearly as routine as a root canal, this expanded and updated edition of fresh and incisive commentary challenges the media's standard notions of beauty with honesty and humor. Included are several new essays outlining the latest trends in the beauty industry such as botox, plastic surgery, and exercise bulimia, as well as a fascinating analysis of how men are affected by these same rigors, a thorough resource section, and a curriculum guide.

Down There Susun S. Weed 2011 Covering men's and women's topics, this is a "full range of integrative, alternative, and orthodox options, including herbal, homeopathic, and energy medicines."--P. [4] of cover.

Natural Hospital Birth 2nd Edition Cynthia Gabriel 2018-05-15 Many mothers-to-be find themselves torn between choosing a natural childbirth with minimal medical intervention, and the peace of mind offered by instant access to life-saving technology that only a hospital can provide. Cynthia Gabriel, a doula who has attended hundreds of births and who advises hospitals on how to facilitate low-intervention childbirths, knows that new moms can have both. In this fully updated edition of her popular and pioneering book Natural Hospital Birth, Gabriel gives moms, as well as partners and even medical personnel, concise and reassuring guidance on how to have as natural a birth as possible in a hospital setting. Gabriel shows expectant mothers how to avoid unnecessary medical interventions, how to take the initiative and consciously prepare for the kind of birth they want, and how to prepare a birth plan to share with doctors and nurses at the hospital.

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