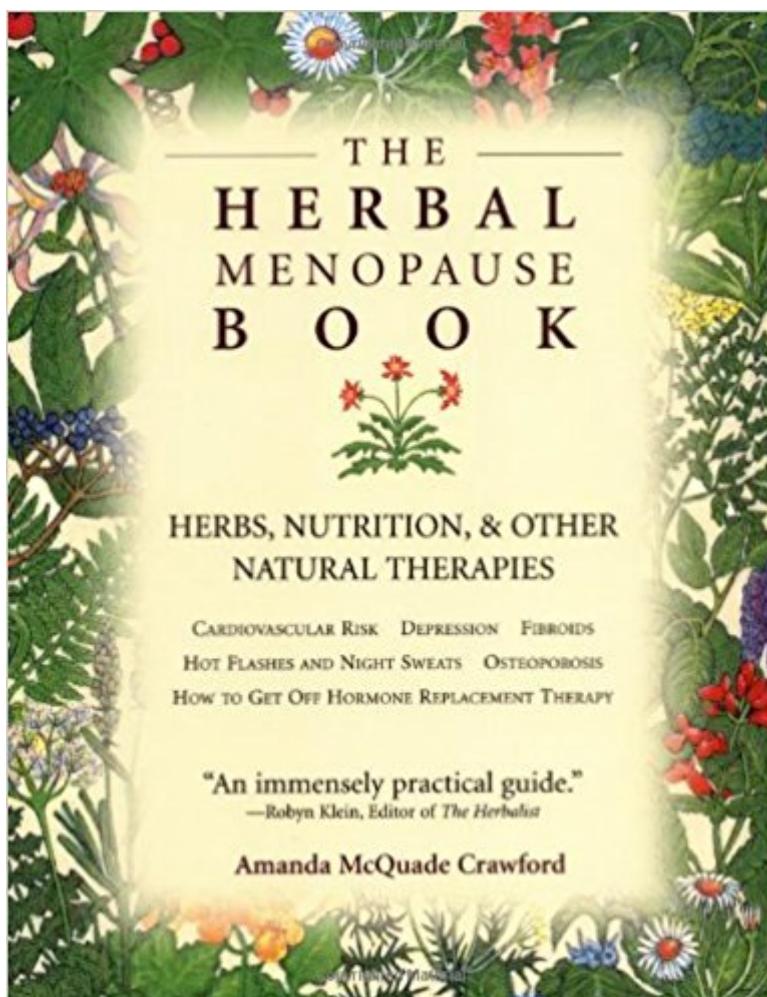


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# The Herbal Menopause Book: Herbs, Nutrition And Other Natural Therapies



## **Synopsis**

Book by Crawford, Amanda M.

## **Book Information**

Paperback: 224 pages

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## **Customer Reviews**

Any interested in holistic applications to common problems will welcome this herbal guide for women entering menopause. Natural treatments for related problems from depression and fibroids to hot flashes and osteoporosis are covered in clear chapters which have been thoroughly researched to provide the latest insights. -- Midwest Book Review

Amanda is well versed in the herbal traditions. Any book of hers is worth having.

She talks about Siberian Ginseng, This is not a real Ginseng! See does not even mention Shepherd's Purse as A way to stop periods, I hate it when a person like this one never actually does her own research. She mentions of mixing herbs together that should not be mixed. No warnings for herb drug reactions. She speaks of using Black Cohosh (causes liver damage), wild yam root which does nothing, and St. John's Wort all at once. St. John's wort MUST BE TAKEN WITH CAUTION. DO NOT TAKE IT WITH DRUGS! IT can make matters worse. Newer books would be a far better choice Such as "National Geographic DESK Reference to Nature's Medicine" AND PLEASE PAY ATTENTION TO "HERBS DEMYSTIFIED!!!" This Woman's book Should be used to start a campfire with. Get Susan Weed's book. I was raised by a very smart woman who lived off the land.

if you buy just one menopause book, this is THE one to get. The Herbal Menopause Book includes much good information not only about the herbs and formula combinations but includes a wealth of knowledge on the entire process of menopause. Amanda simply yet thoroughly explains the transformation womens bodies undergo during this incredible time of life. Sound nutritional advise and "wise food choices" are listed under each condition. Amanda also dedicates a whole chapter to the issue of HRT, and how to come off it safely with the use of herbal medicine. The book is not just an herbal - it is filled with widsom and wit all underscored by Amanda's flair for empowering women of all types and ages.

This book is truly inspiring. I have used Ms. McQuade Crawford's book for years as a reference for myself, my family, friends, colleagues, and clients. Filled with humor, insight, good science, and years of practical herbal knowledge and application, The Herbal Menopause Book helped me and will help you to understand the physical and emotional complexity of menopause. This is a terrific book to introduce the concept of wholistic therapy to both the novice and the experienced healthcare provider. Some may be put off by her light tone, but you get the feeling she really loves what she does, which is helping women. Why bother with health fads when there are qualified herbalists like Ms. McQuade Crawford, and indispensable books like this one.

if you buy just one menopause book, this is THE one to get. The Herbal Menopause Book includes much good information not only about the herbs and formula combinations but includes a wealth of knowledge on the entire process of menopause. Amanda simply yet thoroughly explains the transformation womens bodies undergo during this incredible time of life. Sound nutritional advise and "wise food choices" are listed under each condition. Amanda also dedicates a whole chapter to the issue of HRT, and how to come off it safely with the use of herbal medicine. The book is not just an herbal - it is filled with widsom and wit all underscored by Amanda's flair for empowering women of all types and ages.

I am a U.S. Herbal Student going through menopause, and collecting Herbals and other natural books on menopause, and this book is by far the worst Herbal I have on the subject. Mrs. Crawford's book is confusing, patronizing, and most of all confusing on the subject. I think any herbalist writing a book on menopause or any other natural book author for that matter should have already gone through or is going through the process herself. Ms. Crawford definitely does not fit this definition.Her nutritional information is not the last word on nutrition during menopause, and

does contain some good information, but she leaves out or limitly deals with such menopausal problems as hypothyroidism, and thining head and pubic hair. Apparently the only problem MS. Crawford thinks is a problem during menopause is that a woman's hair gets a little dry. Except 37% of menopausal women have significant hair loss that needs to be addressed. She does a good job of explaining how phytoestrogenic herbs actually work and why they do not contain human hormones but in every other respect her book is demeaning to women and confusing to any reader who is not a student of herbal medicine. And her formula names just about slew me when I read them! Names such as "Temple Gates Elixer", "Love my Life Tea", "Tiger Today, Butterfly Tonight". YIKES! Do yourself a favor, get Susun Weed's Book, *The Menopausal Years, The Wise Woman Way*", "Recipies For Change" by Lisa DeAngelis and Molly Siple, and "The Wisdom of Menopause", by Dr. Christine Northup. You may spend more getting three books instead of one, but you will be spared the partronizing attitude and get more useful information in the process.

Amanda McQuade Crawford offers practical information for women in all stages of menopause. Ms. Crawford's degree in phytotherapy from Britain's School of Herbal Medicine and her membership in the prestigious National Institue of Medical Herbalists, in the UK serves her well as she guides her readers through the complexities of menopause. The blend of herbal wisdom and reputable scientific data contained in Ms. McQuade Crawford's writings will serve all women to find relief and to better cope with their symptoms. Introduce this book to your Gynecological doc!

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Remedies, Herbal Remedies, Organic Antibiotics) A Modern Herbal, Volume 2: The Medicinal, Culinary, Cosmetic and Economic Properties, Cultivation and Folk-Lore of Herbs, Grasses, Fungi Shrubs & [MODERN HERBAL V02] Menopause: How You Can Benefit from Diet, Vitamins, Minerals, Herbs, Exercise, and Other Natural Methods (Getting Well Naturally) Vegan: How To Be A Vegan In A Meat Eater's World: The Vegan's Guide To Thriving And Surviving (Natural Wellness Featuring Holistic, Herbal and Plant Based Therapies & Veganism Book 2) Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) American Medicinal Leaves And Herbs; Guide To Collecting Herbs and Using Medicinal Herbs and Leaves The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013) Drying Garden Herbs: The Ultimate Guide To Drying Herbs - Amazing Tips And Tricks On How To Easily Dry Fresh Herbs Hands-On Healing Remedies: 150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies Wicca Book of Herbal Spells: A Book of Shadows for Wiccans, Witches, and Other Practitioners of Herbal Magic

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