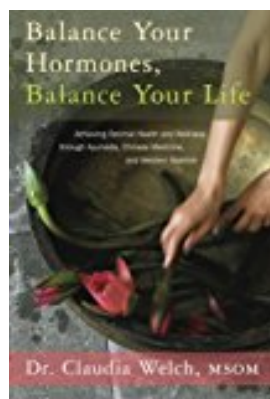


# [PDF] Balance Your Hormones, Balance Your Life: Achieving Optimal Health And Wellness Through Ayurveda, Chinese Medicine, And Western Science

Claudia Welch - pdf download free book

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**Books Details:**

Title: Balance Your Hormones, Balanc

Author: Claudia Welch

Released: 2011-03-22

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Pages: 352

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## **Description:**

**From Publishers Weekly** In her first full-length effort, Welch offers women a comprehensive overview of Oriental Medicine. She suggests that the root of problems faced by modern women can be found in an imbalance between sex hormones and stress hormones that results in women "of all ages" experiencing problems ranging from "painful periods, mood swings, fatigue, and insomnia to...uterine fibroids, hot flashes, heart disease and osteoporosis." Welch, a licensed massage therapist who holds a certificate from the state of New Mexico to practice Oriental Medicine and a national certificate to practice acupuncture, wisely offers a disclaimer: "this book should not be taken or construed as medical diagnosis or treatment." She breaks down hormones (the "ambassadors of Yin and Yang"), discusses serious health issues, from breast risks to dementia, and offers methods for restoring hormonal balance. While these primarily include a diet based in organic whole grains, beans, green vegetables, and soy, meditation and exercise, and the reduction of stress inducers (some of her advice will strike readers as familiar), when taken as a whole, the advice is sound. A welcome eastern addition to the women's health discussion. (Mar.)

## **Review**

### **Bookviews, February 2011**

"Make a note to pick up a copy of this interesting book."

### **Publishers Weekly (web-exclusive), 4/4/11**

"A welcome eastern addition to the women's health discussion."

### **Energy Times, online, 5/13/11**

"Provide[s] a well-rounded view on an often confusing subject."

### **Tucson Citizen, 5/12/11**

"Bringing clarity to the complexities of body chemistry, this well-crafted book will help women discover the rewards and rejuvenation that come with a balanced life."

### **San Francisco Book Review, May 2011**

"A thought-provoking look into the ways our bodies are driven, and, often, run into the ground...If you are tired of being sick, and sick of being tired this is a read in which you will find the beginnings of simple, holistic, and lasting relief."

### **Curled Up with a Good Book**

"Loaded with good advice, spelling out simple changes that are both practical and easy to implement...For your own sake, read this book and take its lessons to heart."

### **Yoga International, January 2011**

"Dr. Welch brings a clear voice to the often confusing and conflicting body of information surrounding hormones and women's health...A user-friendly guide that skillfully blends Eastern therapies with Western health concerns."

### **Portland Book Review, 12/1/11**

"Her writing style is readable and user-friendly. Medical terms are explained. She includes easy recipes for improving diet. Issues concerning menstruation, birth control, breast and heart health, fertility, and aging are answered and Welch addresses how Eastern versus Western medicine deals with each issue. Especially helpful is Welch's analysis of Eastern spiritual practices and meditation."

***Spirituality & Health*, 12/22/11**

“Readers will find a wealth of information on the sex (yin) and stress (yang) hormones, advice on how to address specific health issues, and ideas for stress management, healthy diet options (including recipes), and lifestyle changes. An informative and accessible door into the world of Eastern medicine, likely to be especially appreciated by women seeking ways to end the unhealthy cycle of stress in their lives.”

***AsiaSpa (Singapore)*, July/August 2012**

“Welch tackles issues concerning birth control, menstruation and fertility in a user-friendly and readable manner.”

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