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use herbal medicines to treat women at any stage of life botanical medicine for women s health 2nd edition provides an evidence based patient centered approach to botanical interventions for many different medical conditions more than 150 natural products are covered showing their benefits in gynecologic health fertility and childbearing and menopausal health this edition includes new full color photos of herbal plants along with a discussion of the role of botanicals in healthy aging written by aviva romm an experienced herbalist midwife and physician this unique guide is an essential resource for everyday practice of herbal medicine winner of the 2010 american botanical council s james a duke excellence in botanical literature award current evidence based information covers more than 150 botanicals for over 35 different conditions case studies provide realistic scenarios and help you apply the content to the real

world treatment and formula boxes summarize the most important information color illustrations and photographs of plants enable you to identify herbs visually as well as by substance make up logical chapter organization begins with the principles of herbal medicine and then covers women s health conditions organized chronologically by lifecycle from teen and reproductive years to midlife and mature years appendices include practical at a glance information on common botanical names chemical constituents of medicinal plants and a summary table of herbs for women s health new updates reflect the latest research and the most current information new full color design and detailed professional color photos of plants make this a unique essential resource new coverage of the role of botanicals in healthy aging for women features phytoestrogens ayurvedic chinese herbs and discussions of health promotion

this volume examines how rapid workplace changes from remote work to ai and gig economies impact stress and well being it offers timely insights into the evolving nature of work and its psychological social and organisational consequences

the educational significance of human and non human animal interactions explores human animal non human animal interactions from different disciplinary perspectives from education policy to philosophy of education and ecopedagogy the authors refute the idea of anthropocentrism the belief that human beings are the central or most significant species on the planet through an ethical investigation into animal and human interactions and real life examples of humans and animals living and learning together in doing so rice and rud outline the idea that interactions between animals and humans are educationally significant and vital in the classroom

divided into four sections text includes more than 500 activities which are planned to meet the development levels interests and abilities of children in grades k to 3 who are emergent readers in the beginning literacy program

raising pressing questions about the essence of work and its place in contemporary society this volume inspires new debates about the centrality of the work experience in modern life for those working as well as those who benefit from that work

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