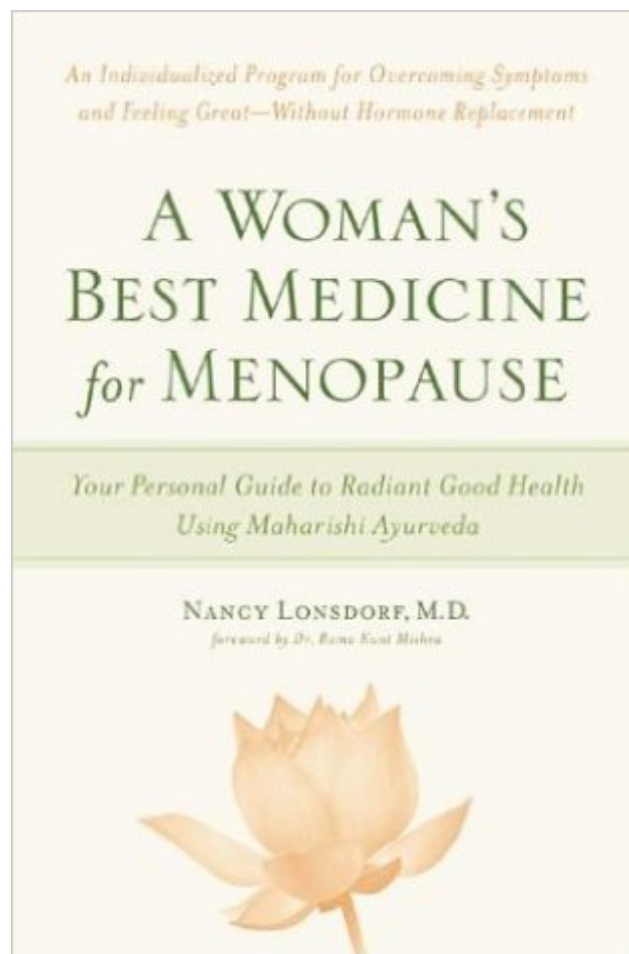


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# A Woman's Best Medicine For Menopause: Your Personal Guide To Radiant Good Health Using Maharishi Ayurveda



## Synopsis

A respected Western physician offers the first complete Ayurvedic approach to a healthy and comfortable menopause. "A Woman's Best Medicine for Menopause" is the first menopause guide based on the Ayurvedic approach to good health, recently popularized in the West by Deepak Chopra. In it, Dr. Lonsdorf--who is both a Western-trained physician and a leading voice in Ayurveda approaches to women's health--acquaints you with the basic principles of Ayurvedic medicine. She provides quizzes and checklists that help you to determine which risk factors you should be most concerned about and for understanding why you are experiencing specific symptoms. Dr. Lonsdorf shows you how to develop comprehensive personalized programs based on differing risk factors and symptoms. She even describes proven natural methods developed and refined by women over the course of 3,000 years to keep looking beautiful. Includes a foreword by Dr. Rama Kant Mishra.

## Book Information

Hardcover: 290 pages

Publisher: Contemporary Books (May 13, 2002)

Language: English

ISBN-10: 0809293358

ISBN-13: 978-0809293353

Product Dimensions: 9.3 x 6.3 x 1.1 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #928,543 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #644 in [Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology](#) #833 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#)

## Customer Reviews

Dr. Nancy Lonsdorf's book, A Woman's Best Medicine for Menopause is a timely and profoundly satisfying resolution to the grave concerns raised today about prolonged use of hormone replacement therapy. Dr. Lonsdorf, M.D. contends that menopause can be experienced as a gentle and natural transition to a new fulfilling and healthy stage of life. A highly regarded Ayurvedic physician and medical director of the Raj, one of the premier Ayurvedic health centers in the United States, she has extensive clinic experience in the efficacy of one of the world's original, time-tested,

and most complete systems of medicine. Dr. Lonsdorf details a simple, sensible program for the prevention and relief of menopausal symptoms without ever having to take recourse to any potentially life-threatening drugs. Her logic is unassailable and the breadth of understanding she provides the reader can only restore now shaken confidence in our own intelligence and our inherent ability to make wise decisions about our health. First and foremost, this is a useful book, a highly readable and practical manual for our own best health care. The book is organized progressively giving us a sound basis of understanding at each step. Before we know it the principles and rules of healthful living become internalized and are so consonant with our own intuitive knowledge of how to live rightly, new life-promoting habits spring up in our daily routine spontaneously. The book awakens a deep appreciation for the glorious intelligence of our bodies and the overarching care nature gives to every part and particle of creation when undisturbed by shortsighted medical intervention. Respect is a most elevating emotion.

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