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Alternatives For Women With Endometriosis



Synopsis

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Book Information

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Customer Reviews

I was diagnosed with endo a year ago. The first source I found was Mary Lou Ballweg and the Endo Association's The Endometriosis Sourcebook. If you don't have it, get it. Alternatives for Women with Endo is a wonderful collection of alternatives most medical doctors are unaware of. Although the first half of the book, the explanations and definitions, is a bit thin, reading other women's actual experiences and SUCCESSES in dealing with this disease has been absoluteley invaluable. Every woman diagnosed should be given a copy of both books on their way out of the hospital.

The information in this book is helpful in understanding that there are treatments available that your medical doctor may not be aware of. Read it along with The Endometriosis Sourcebook and plan to take charge of your body.

i bought this book hoping that it would give me new information about my alternatives. i was specifically interested in avoiding hormonal treatments for endometriosis altogether, through dietary change and acupuncture. i expected to get some solid information from this book. however, much of the information presented by the author contained errors, and aside from a brief description of each type of alternative medicine she said nothing of consequence. most of the book consisted of peoples' personal stories, which would have been fine had they been balanced by some further

explanations or had any scientific basis. however, some of the people appeared to be self-diagnosed, some had many different conditions being treated at once, and others were using traditional treatments in addition to their alternative therapies. so all in all i learned nothing i didn't already know, and i regret spending my money on this small volume. i am much more satisfied with the endometriosis sourcebook, which i also purchased. the difference in price was negligible but the difference in quality was astounding.

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