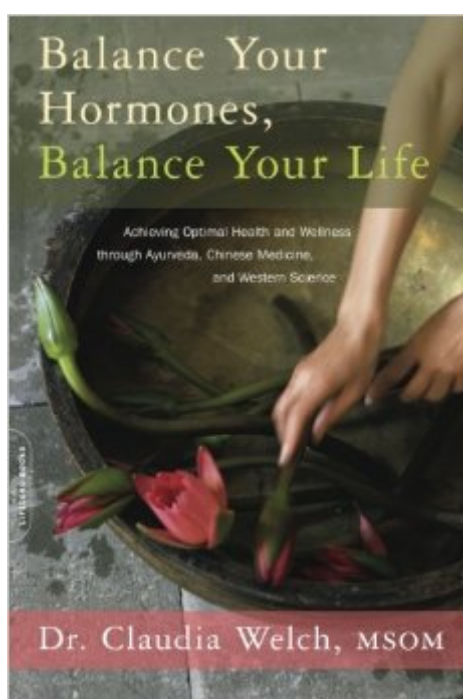


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# Balance Your Hormones, Balance Your Life: Achieving Optimal Health And Wellness Through Ayurveda, Chinese Medicine, And Western Science



## Synopsis

Tired? Overworked? Stressed? Out of balance? Welcome to the twenty-first century, where women's stress levels have reached unprecedented heights. Between myriad responsibilities, women burn through even the energy gained from sufficient sleep and a healthy diet. The result? Hormonal havoc. In clear, accessible language, internationally renowned doctor Claudia Welch explains hormones from A to Z, specifically how they relate to each other, how and why they become imbalanced, and how women can restore that balance. Welch includes simple diet tips, stress-management techniques, and natural sleep secrets. Using the principles of Ayurveda (popularized in the West by Deepak Chopra) and the holistic sensibility of Dr. Christiane Northrup, *Balance Your Hormones, Balance Your Life* gives women the essential tools to achieve the perfect balance between their yin (sex hormones) and yang (stress hormones), and between the body and the mind.

## Book Information

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## Customer Reviews

Let me begin by saying I really enjoyed reading Dr Welch's book. I have spent the last year or so trying to lead a cleaner and healthier lifestyle. I've made diet changes, exercise more, removed all chemical makeup and toiletries from my home, switched to natural cleaners for laundry and dishes... the list goes on. Yet it was this book that led me to question, for the first time ever, the wisdom of taking daily hormones (birth control). If I'm concerned about hormones in conventional meat, how can I justify taking a pill every day that is nothing but hormones? This book provided yet another in a string of wake-up calls, and for that I am grateful. It also helped me come to terms with some

hang-ups I have about my body. I was never taught much about feminine health, and to be honest I didn't even want to know - I thought the whole matter was kind of icky! This book helped me to understand my body and see it as directly integrated with my mind and soul, not just some inconvenient and messy vessel. This book was a catalyst to more searching and learning (Dr Welch recommends some really good books!), and for this I am grateful as well. Now the downside: A few of the assertions made in the book seemed a bit shaky. For example, I find it strange that the section on milk did not mention that milk promotes a rise in androgens. Even raw, organic, pastured, full-fat dairy contains hormones, which is perfectly natural! Those hormones help calves develop into healthy adult animals. But do human adults really need to ingest those hormones? I don't know the answer, but I find it disturbing that the issue didn't really come up in the book. The author even suggests that the lactose intolerant can enjoy milk if its warm!

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