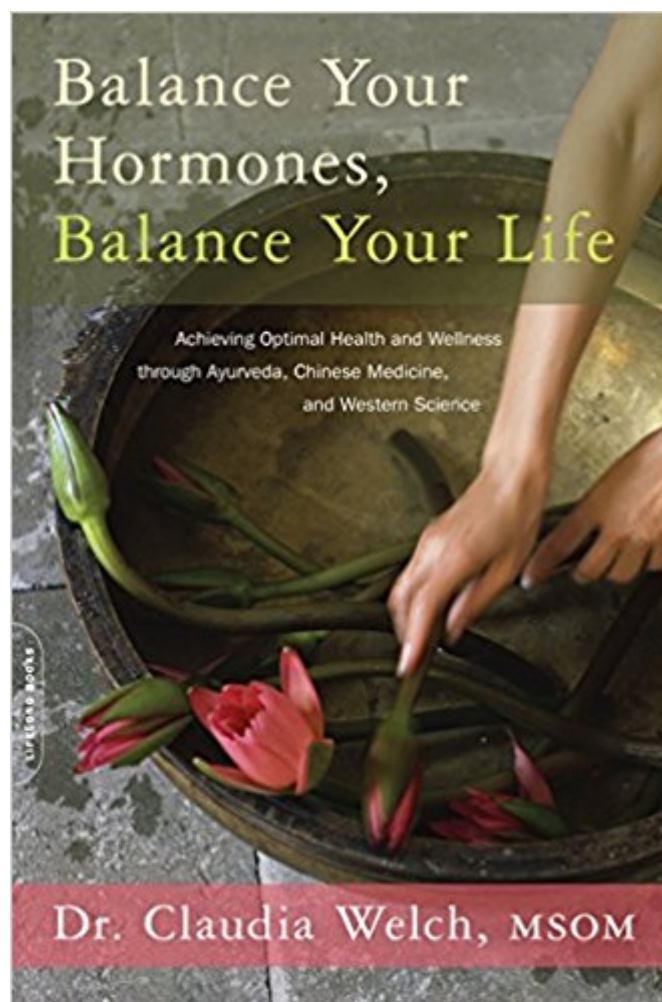




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# Balance Your Hormones, Balance Your Life: Achieving Optimal Health And Wellness Through Ayurveda, Chinese Medicine, And Western Science





## 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

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.)

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

All Women should have this book to learn how to care for themselves in a way to live longer, be happier and understand how hormones contribute to wellbeing!!!! Stop taking pills and start using food to balance the body! The body naturally heals itself! Let go of fear, step into the space of the unknown by learning how to care for the body!

Thank you to Dr Claudia Welch for this book. beautifully written and very well explained, lots of information and excellent guide for all of us. finally the answers to so many questions answer here!

~A wonderfully written book, explaining how hormones work, and the importance of yin/yang body balancing. The book goes through all hormonal stages of a women's life. Very informative & essential reading. Knowing is empowerment. Highly recommend !

I wish I would have had this book before I was put on birth control pills for 17 years (yes, 17) to manage my horrible cramps. I would have never taken the pill, despite its 'safety' and reliability over the years. I didn't really need it, I needed a better diet, more sleep and stress management. I wish my grandmother would have had this book before being put on Hormone Replacement Therapy for over 20 straight years. She died too early of heart disease thanks solely to that mess (this was confirmed). While hindsight (and access to the Internet) makes the dangers of hormonal drugs easily available, many of us just trust our doctors, especially when we are miserable and will try anything to feel better at some point. Knowledge is power and this book is full of fantastic information, some of which I have already learned through years of investigation and research but much of it I had not. And I consider myself more informed than most women I personally know. This book is helpful for both women in their childbearing years as well as those near or in menopause. It's also very helpful in understanding more about the thyroid. I had mine tested recently and realized that, while my doctor says I'm in the "normal" range, I am in fact, not...not if I want to have a child that is (and I do). And I look like the picture of health from the outside, so I would have never thought to investigate more deeply into my thyroid and other hormone imbalances if it were not for this book. Every woman should have this in her personal library and lend it or buy it for their female friends & loved ones. I also strongly suggest reading Taking Control of Your Fertility by Toni Weschler (get the actual book, not the Kindle version...you'll reference it a lot and will want to flip back and forth). I'd also suggest "The Thyroid Hormone Breakthrough" by Mary J. Shomon, but I didn't get that book until I finished this book (and TCOYF). All three books complement each other and give a greater picture of, as a woman, how to really take control of your health and know how your female body works, despite what doctors tell (or many times, don't tell) you. At the end of the day, we are all responsible for taking care of our own health and should absorb as much information as we can so we are better armed with knowledge and the power to help choose the right protocol of care for ourselves.

A great in depth look into how your hormones work.

This book is just what I was looking for. I am doing a book report on a holistic health topic which I will use this for, but I'm also having adrenal and thyroid issues myself and so the long lists of things you can do to adjust them is very valuable to me. I would highly recommend this especially to women over 40 since that is my viewpoint but it would be helpful to younger women as well who may have different hormonal issues.

This book goes a long way in helping to answer questions that evade all of us about our own bodies

I enjoyed this book it immensely. It is written in a very down to earth style, but with an abundance of knowledge and experience in Ayurvedic and Chinese medicine. The identification and purpose of the hormones and how they work is explained very clearly. Lifestyle, diet, and stress management are reinforced as the way in which we can jumpstart our ways out of feeling 'crummy'.> This book not only reinforced my faith in taking charge of our healing, but brought to light that it is OK to SLOW down and not fear looking weak or 'on task' at all times.> This book has helped me to regain confidence in myself as the Self. I now understand the need for my yin to be nourished. It will touch the hearts of many women.

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