



Integrative Women's Health (Weil Integrative Medicine Library)

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Integrative Women's Health remains the only in-depth, broad-based reference on integrative women's health written for health professionals. It helps providers address not only women's reproductive health, but also conditions that manifest differently in women than in men, including cardiovascular disease, arthritis, HIV, depression, and cancer. The text presents the best evidence, in a clinically relevant manner, for the safe and effective use of herbs, vitamins, diet, and mind-body strategies alongside conventional medical treatments. As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, going beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing. In managing the patient, alternative therapies are never seen as substitutes for mainstream medical care, but always "integrated" into the overall regimen, and always subjected to the best available evidence. New to this second edition are chapters on environmental medicine and women's reproduction, thyroid health, and lesbian health.

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Editorial Review

Review

"The book is a beautiful synopsis of the medical options available to treat women's body/mind/spirit at all stages of life while incorporating the most current evidence in medicine... It is one of the most comprehensive and nonjudgmental collections of medical information that I've seen to date."

--*DOODY'S*

About the Author

Victoria Maizes, MD is the Executive Director of the Arizona Center for Integrative Medicine and a Professor of Clinical Medicine, Family Community Medicine, and Public Health at the University of Arizona in Tucson, Arizona.

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