

MEDICINE IN BALANCE DR WENDY WARNER

MEDICINE IN BALANCE DR WENDY WARNER REPRESENTS A TRANSFORMATIVE APPROACH TO HEALTHCARE THAT INTEGRATES TRADITIONAL MEDICAL PRACTICES WITH HOLISTIC, PATIENT-CENTERED CARE. THIS CONCEPT EMPHASIZES THE IMPORTANCE OF EQUILIBRIUM BETWEEN PHYSICAL HEALTH, MENTAL WELL-BEING, AND LIFESTYLE CHOICES, AIMING TO PROVIDE COMPREHENSIVE HEALING RATHER THAN MERELY TREATING SYMPTOMS. DR. WENDY WARNER, A DISTINGUISHED PRACTITIONER IN THIS FIELD, HAS PIONEERED METHODS THAT COMBINE EVIDENCE-BASED MEDICINE WITH ALTERNATIVE THERAPIES TO OPTIMIZE PATIENT OUTCOMES. HER WORK HIGHLIGHTS THE SIGNIFICANCE OF PERSONALIZED TREATMENT PLANS, PREVENTIVE CARE, AND THE MINDFUL USE OF MEDICAL INTERVENTIONS. THIS ARTICLE EXPLORES THE PHILOSOPHY BEHIND MEDICINE IN BALANCE, DR. WARNER'S CONTRIBUTIONS, AND PRACTICAL APPLICATIONS OF HER APPROACH IN MODERN HEALTHCARE SETTINGS. READERS WILL GAIN INSIGHT INTO HOW THIS BALANCED MEDICINE MODEL CAN IMPROVE QUALITY OF LIFE AND FOSTER SUSTAINABLE HEALTH. THE FOLLOWING SECTIONS WILL DELVE INTO THE CORE PRINCIPLES, THERAPEUTIC STRATEGIES, AND PATIENT BENEFITS ASSOCIATED WITH MEDICINE IN BALANCE UNDER DR. WARNER'S GUIDANCE.

- UNDERSTANDING MEDICINE IN BALANCE
- DR. WENDY WARNER'S APPROACH TO HOLISTIC MEDICINE
- CORE PRINCIPLES OF MEDICINE IN BALANCE
- INTEGRATIVE THERAPIES AND TREATMENT MODALITIES
- PATIENT-CENTERED CARE AND PERSONALIZED MEDICINE
- BENEFITS AND OUTCOMES OF MEDICINE IN BALANCE

UNDERSTANDING MEDICINE IN BALANCE

MEDICINE IN BALANCE REFERS TO A HEALTHCARE PHILOSOPHY THAT SEEKS HARMONY BETWEEN CONVENTIONAL MEDICAL TREATMENTS AND COMPLEMENTARY THERAPEUTIC APPROACHES. THIS METHOD PRIORITIZES THE PATIENT'S OVERALL WELLNESS, ADDRESSING NOT ONLY PHYSICAL AILMENTS BUT ALSO EMOTIONAL, PSYCHOLOGICAL, AND SOCIAL FACTORS AFFECTING HEALTH. IN THIS CONTEXT, MEDICINE IS NOT SOLELY FOCUSED ON DISEASE ERADICATION BUT ON RESTORING AND MAINTAINING EQUILIBRIUM WITHIN THE BODY'S SYSTEMS. THE BALANCED MEDICINE MODEL ADVOCATES FOR A THOUGHTFUL INTEGRATION OF DIAGNOSTICS, MEDICATION, LIFESTYLE MODIFICATIONS, AND ALTERNATIVE THERAPIES TO ACHIEVE OPTIMAL HEALTH OUTCOMES.

THE EVOLUTION OF BALANCED MEDICINE

THE CONCEPT OF MEDICINE IN BALANCE HAS EVOLVED FROM GROWING RECOGNITION THAT CONVENTIONAL MEDICINE ALONE MAY NOT FULLY ADDRESS THE COMPLEXITIES OF CHRONIC DISEASES AND MENTAL HEALTH CONDITIONS. OVER RECENT DECADES, HEALTHCARE PROFESSIONALS LIKE DR. WENDY WARNER HAVE CONTRIBUTED TO ADVANCING INTEGRATIVE MEDICINE PRACTICES, BLENDING SCIENTIFIC RIGOR WITH HOLISTIC CARE. THIS EVOLUTION REFLECTS A SHIFT TOWARDS MORE PERSONALIZED, PREVENTIVE, AND PATIENT-EMPOWERED HEALTHCARE MODELS.

KEY COMPONENTS

CORE COMPONENTS OF MEDICINE IN BALANCE INCLUDE:

- COMPREHENSIVE PATIENT ASSESSMENT
- MULTIDISCIPLINARY COLLABORATION

- INCORPORATION OF MIND-BODY TECHNIQUES
- EMPHASIS ON NUTRITION AND LIFESTYLE
- USE OF EVIDENCE-BASED COMPLEMENTARY THERAPIES

DR. WENDY WARNER'S APPROACH TO HOLISTIC MEDICINE

DR. WENDY WARNER IS RECOGNIZED FOR HER INNOVATIVE APPROACH TO INTEGRATING CONVENTIONAL AND COMPLEMENTARY MEDICINE TO ACHIEVE BALANCED HEALTH. HER METHODOLOGY CENTERS ON INDIVIDUALIZED CARE PLANS THAT FACTOR IN EACH PATIENT'S UNIQUE BIOLOGICAL, PSYCHOLOGICAL, AND SOCIAL CHARACTERISTICS. DR. WARNER'S APPROACH IS GROUNDED IN SCIENTIFIC EVIDENCE WHILE REMAINING OPEN TO ALTERNATIVE HEALING PRACTICES THAT SUPPORT THE BODY'S NATURAL CAPACITY TO HEAL.

PROFESSIONAL BACKGROUND AND EXPERTISE

DR. WARNER'S EXTENSIVE TRAINING ENCOMPASSES INTERNAL MEDICINE, INTEGRATIVE HEALTH, AND COMPLEMENTARY THERAPIES. HER EXPERTISE ALLOWS HER TO CAREFULLY EVALUATE THE BENEFITS AND LIMITATIONS OF VARIOUS TREATMENT OPTIONS, ENSURING SAFETY AND EFFICACY IN PATIENT CARE. SHE ADVOCATES FOR CONTINUOUS PATIENT EDUCATION AND INVOLVEMENT IN HEALTHCARE DECISIONS, PROMOTING A COLLABORATIVE DOCTOR-PATIENT RELATIONSHIP.

INNOVATIVE TREATMENT STRATEGIES

UNDER DR. WARNER'S GUIDANCE, TREATMENT STRATEGIES INCLUDE:

- COMBINING PHARMACEUTICAL INTERVENTIONS WITH NUTRITION AND EXERCISE
- UTILIZING MINDFULNESS AND STRESS REDUCTION TECHNIQUES
- INCORPORATING ACUPUNCTURE, HERBAL MEDICINE, AND OTHER ALTERNATIVE THERAPIES
- FOCUSING ON PREVENTIVE CARE AND EARLY INTERVENTION

CORE PRINCIPLES OF MEDICINE IN BALANCE

THE MEDICINE IN BALANCE PHILOSOPHY, AS CHAMPIONED BY DR. WENDY WARNER, IS BUILT UPON SEVERAL FOUNDATIONAL PRINCIPLES THAT GUIDE CLINICAL PRACTICE AND PATIENT CARE. THESE PRINCIPLES ENSURE THAT HEALTHCARE DELIVERY SUPPORTS HOLISTIC WELL-BEING AND SUSTAINABLE HEALTH IMPROVEMENTS.

HOLISTIC PATIENT CARE

HOLISTIC CARE INVOLVES TREATING THE PATIENT AS A WHOLE PERSON RATHER THAN FOCUSING SOLELY ON SPECIFIC SYMPTOMS OR DISEASES. THIS PRINCIPLE RECOGNIZES THE INTERCONNECTEDNESS OF PHYSICAL, EMOTIONAL, AND ENVIRONMENTAL FACTORS THAT INFLUENCE HEALTH.

EVIDENCE-BASED INTEGRATION

MEDICINE IN BALANCE RELIES ON INTEGRATING THERAPIES THAT HAVE SCIENTIFIC SUPPORT WITH TRADITIONAL MEDICAL PRACTICES. THIS ENSURES THAT PATIENT CARE IS BOTH SAFE AND EFFECTIVE WHILE EMBRACING DIVERSE HEALING MODALITIES.

PERSONALIZATION AND PREVENTION

INDIVIDUALIZED TREATMENT PLANS AND PROACTIVE PREVENTION STRATEGIES ARE CORE TO THIS APPROACH. BY TAILORING INTERVENTIONS TO THE PATIENT'S UNIQUE NEEDS AND PROMOTING HEALTHY LIFESTYLE CHOICES, MEDICINE IN BALANCE AIMS TO REDUCE THE RISK OF CHRONIC ILLNESS AND ENHANCE QUALITY OF LIFE.

COLLABORATION AND COMMUNICATION

EFFECTIVE COMMUNICATION BETWEEN HEALTHCARE PROVIDERS AND PATIENTS IS ESSENTIAL. THIS COLLABORATIVE MODEL FOSTERS TRUST, ENCOURAGES PATIENT ENGAGEMENT, AND SUPPORTS SHARED DECISION-MAKING IN TREATMENT PLANNING.

INTEGRATIVE THERAPIES AND TREATMENT MODALITIES

DR. WENDY WARNER INCORPORATES A DIVERSE RANGE OF INTEGRATIVE THERAPIES WITHIN THE MEDICINE IN BALANCE FRAMEWORK. THESE MODALITIES COMPLEMENT CONVENTIONAL TREATMENTS AND ADDRESS VARIOUS ASPECTS OF WELLNESS.

MIND-BODY TECHNIQUES

MIND-BODY INTERVENTIONS SUCH AS MEDITATION, YOGA, AND BIOFEEDBACK ARE EMPLOYED TO REDUCE STRESS, ENHANCE MENTAL CLARITY, AND IMPROVE EMOTIONAL RESILIENCE. THESE TECHNIQUES SUPPORT THE NERVOUS SYSTEM AND PROMOTE SELF-REGULATION.

NUTRITION AND LIFESTYLE MODIFICATION

DIETARY GUIDANCE AND LIFESTYLE CHANGES ARE CRUCIAL COMPONENTS. DR. WARNER EMPHASIZES WHOLE-FOOD NUTRITION, REGULAR PHYSICAL ACTIVITY, AND SLEEP HYGIENE AS PILLARS OF SUSTAINED HEALTH.

COMPLEMENTARY MEDICAL PRACTICES

COMPLEMENTARY TREATMENTS UTILIZED MAY INCLUDE:

- ACUPUNCTURE
- HERBAL SUPPLEMENTS
- CHIROPRACTIC CARE
- MASSAGE THERAPY

PATIENT-CENTERED CARE AND PERSONALIZED MEDICINE

MEDICINE IN BALANCE DR WENDY WARNER PRIORITIZES PATIENT-CENTERED CARE, WHICH FOCUSES ON RESPECTING INDIVIDUAL PREFERENCES, VALUES, AND CULTURAL BACKGROUNDS. PERSONALIZED MEDICINE ENHANCES THIS BY USING DIAGNOSTIC TOOLS AND GENETIC INFORMATION TO TAILOR THERAPIES PRECISELY.

SHARED DECISION-MAKING

PATIENTS ARE ACTIVELY INVOLVED IN THEIR HEALTHCARE DECISIONS, ENSURING TREATMENTS ALIGN WITH THEIR GOALS AND LIFESTYLES. THIS APPROACH IMPROVES ADHERENCE AND SATISFACTION WITH CARE.

CUSTOMIZED TREATMENT PLANS

EACH PATIENT RECEIVES A BESPOKE PLAN THAT INTEGRATES CONVENTIONAL AND ALTERNATIVE THERAPIES, PREVENTIVE MEASURES, AND ONGOING MONITORING TO ADAPT AS NEEDED. THIS DYNAMIC PROCESS SUPPORTS CONTINUOUS HEALTH OPTIMIZATION.

BENEFITS AND OUTCOMES OF MEDICINE IN BALANCE

THE BALANCED MEDICINE MODEL, AS PIONEERED BY DR. WENDY WARNER, OFFERS NUMEROUS BENEFITS FOR PATIENTS AND HEALTHCARE SYSTEMS ALIKE. BY ADDRESSING THE ROOT CAUSES OF ILLNESS AND PROMOTING COMPREHENSIVE WELLNESS, THIS APPROACH IMPROVES CLINICAL OUTCOMES AND PATIENT QUALITY OF LIFE.

IMPROVED SYMPTOM MANAGEMENT

INTEGRATIVE THERAPIES OFTEN ENHANCE SYMPTOM CONTROL, REDUCE SIDE EFFECTS, AND DECREASE RELIANCE ON PHARMACEUTICALS.

ENHANCED MENTAL AND EMOTIONAL HEALTH

MIND-BODY TECHNIQUES AND HOLISTIC CARE CONTRIBUTE TO REDUCED ANXIETY, DEPRESSION, AND STRESS-RELATED CONDITIONS.

PROMOTION OF LONG-TERM WELLNESS

FOCUS ON PREVENTION AND LIFESTYLE SUPPORTS SUSTAINED HEALTH, REDUCING THE INCIDENCE OF CHRONIC DISEASES.

HEALTHCARE COST REDUCTION

BY MINIMIZING HOSPITALIZATIONS AND INVASIVE INTERVENTIONS, MEDICINE IN BALANCE CAN LOWER OVERALL HEALTHCARE EXPENDITURES.

KEY ADVANTAGES AT A GLANCE

1. COMPREHENSIVE AND INTEGRATIVE CARE APPROACH

2. PERSONALIZED TREATMENT PLANS TAILORED TO PATIENT NEEDS
3. GREATER PATIENT ENGAGEMENT AND SATISFACTION
4. REDUCED MEDICATION SIDE EFFECTS AND POLYPHARMACY
5. IMPROVED OVERALL HEALTH OUTCOMES AND QUALITY OF LIFE

FREQUENTLY ASKED QUESTIONS

WHO IS DR. WENDY WARNER, THE AUTHOR OF MEDICINE IN BALANCE?

DR. WENDY WARNER IS A LICENSED NATUROPATHIC DOCTOR KNOWN FOR HER INTEGRATIVE APPROACH TO HEALTH, COMBINING CONVENTIONAL MEDICINE WITH NATURAL THERAPIES TO PROMOTE OVERALL WELLNESS.

WHAT IS THE MAIN FOCUS OF THE BOOK MEDICINE IN BALANCE BY DR. WENDY WARNER?

MEDICINE IN BALANCE EMPHASIZES THE IMPORTANCE OF BALANCING TRADITIONAL MEDICAL TREATMENTS WITH HOLISTIC AND NATURAL APPROACHES TO ACHIEVE OPTIMAL HEALTH AND WELLNESS.

HOW DOES DR. WENDY WARNER APPROACH TREATMENT IN MEDICINE IN BALANCE?

DR. WARNER ADVOCATES FOR PERSONALIZED TREATMENT PLANS THAT CONSIDER THE WHOLE PERSON, INCLUDING PHYSICAL, MENTAL, AND EMOTIONAL HEALTH, INTEGRATING NUTRITION, LIFESTYLE CHANGES, AND NATURAL REMEDIES ALONGSIDE CONVENTIONAL MEDICINE.

IS MEDICINE IN BALANCE SUITABLE FOR PATIENTS WITH CHRONIC ILLNESSES?

YES, THE BOOK PROVIDES STRATEGIES FOR MANAGING CHRONIC ILLNESSES THROUGH A BALANCED APPROACH THAT COMBINES MEDICAL TREATMENTS WITH COMPLEMENTARY THERAPIES TO IMPROVE QUALITY OF LIFE.

WHAT KIND OF THERAPIES DOES DR. WENDY WARNER RECOMMEND IN MEDICINE IN BALANCE?

DR. WARNER RECOMMENDS A VARIETY OF THERAPIES INCLUDING HERBAL MEDICINE, NUTRITION, ACUPUNCTURE, STRESS MANAGEMENT TECHNIQUES, AND LIFESTYLE MODIFICATIONS TO SUPPORT HEALING AND BALANCE.

HOW CAN MEDICINE IN BALANCE BENEFIT HEALTHCARE PRACTITIONERS?

HEALTHCARE PRACTITIONERS CAN USE INSIGHTS FROM MEDICINE IN BALANCE TO ENHANCE PATIENT CARE BY INTEGRATING HOLISTIC PRACTICES WITH CONVENTIONAL MEDICINE, PROMOTING A MORE COMPREHENSIVE AND PATIENT-CENTERED APPROACH.

ADDITIONAL RESOURCES

1. *MEDICINE IN BALANCE: HEALING THE BODY, MIND, AND SPIRIT* BY DR. WENDY WARNER

THIS FOUNDATIONAL BOOK EXPLORES THE HOLISTIC APPROACH TO MEDICINE, EMPHASIZING THE INTEGRATION OF PHYSICAL HEALTH WITH MENTAL AND SPIRITUAL WELL-BEING. DR. WENDY WARNER DISCUSSES HOW BALANCING THESE ELEMENTS CAN LEAD TO IMPROVED PATIENT OUTCOMES AND A MORE COMPASSIONATE HEALTHCARE PRACTICE. THE BOOK SERVES AS A GUIDE FOR

BOTH PRACTITIONERS AND PATIENTS SEEKING A MORE COMPREHENSIVE UNDERSTANDING OF HEALTH.

2. HOLISTIC HEALING PRACTICES: INSIGHTS FROM MEDICINE IN BALANCE

DRAWING FROM THE PRINCIPLES OUTLINED BY DR. WARNER, THIS BOOK DELVES INTO VARIOUS HOLISTIC HEALING TECHNIQUES THAT COMPLEMENT TRADITIONAL MEDICINE. IT COVERS THERAPIES SUCH AS ACUPUNCTURE, MEDITATION, AND NUTRITION, HIGHLIGHTING THEIR ROLES IN RESTORING BALANCE WITHIN THE BODY. READERS GAIN PRACTICAL ADVICE ON INCORPORATING THESE METHODS INTO DAILY HEALTH ROUTINES.

3. THE MIND-BODY CONNECTION IN MEDICAL CARE

THIS TEXT EXPLORES THE CRITICAL LINK BETWEEN MENTAL HEALTH AND PHYSICAL ILLNESS, A CORE THEME IN DR. WARNER'S WORK. IT PRESENTS SCIENTIFIC RESEARCH SUPPORTING THE INFLUENCE OF EMOTIONAL WELL-BEING ON DISEASE PROGRESSION AND RECOVERY. THE BOOK ENCOURAGES HEALTHCARE PROVIDERS TO ADOPT MINDFUL COMMUNICATION AND STRESS-REDUCTION STRATEGIES IN TREATMENT PLANS.

4. SPIRITUAL DIMENSIONS OF MEDICINE: A BALANCED APPROACH

FOCUSING ON THE OFTEN-OVERLOOKED SPIRITUAL ASPECT OF HEALING, THIS BOOK DISCUSSES HOW SPIRITUALITY CAN ENHANCE MEDICAL CARE. INSPIRED BY DR. WARNER'S TEACHINGS, IT OFFERS CASE STUDIES AND PRACTICAL APPROACHES FOR INTEGRATING SPIRITUAL CARE INTO CLINICAL SETTINGS. THE NARRATIVE HIGHLIGHTS RESPECT FOR DIVERSE BELIEFS AND THEIR IMPACT ON PATIENT HEALING.

5. NUTRITIONAL MEDICINE: BALANCING DIET FOR OPTIMAL HEALTH

THIS BOOK EMPHASIZES THE ROLE OF NUTRITION AS A FUNDAMENTAL COMPONENT OF BALANCED MEDICINE. IT PROVIDES EVIDENCE-BASED GUIDELINES ON HOW DIETARY CHOICES AFFECT THE BODY'S EQUILIBRIUM AND OVERALL HEALTH. READERS LEARN ABOUT THE SYNERGY BETWEEN FOOD, SUPPLEMENTS, AND MEDICAL TREATMENTS IN MAINTAINING WELLNESS.

6. STRESS MANAGEMENT AND MEDICAL OUTCOMES

EXPLORING THE DETRIMENTAL EFFECTS OF CHRONIC STRESS, THIS TITLE ALIGNS WITH DR. WARNER'S BALANCED MEDICINE PHILOSOPHY BY ADVOCATING FOR STRESS MANAGEMENT TECHNIQUES. IT REVIEWS METHODS SUCH AS MINDFULNESS, YOGA, AND BIOFEEDBACK THAT HELP RESTORE PHYSIOLOGICAL BALANCE. THE BOOK IS DESIGNED FOR BOTH PATIENTS AND HEALTHCARE PROFESSIONALS AIMING TO REDUCE STRESS-RELATED HEALTH ISSUES.

7. INTEGRATIVE MEDICINE: COMBINING TRADITIONAL AND MODERN PRACTICES

HIGHLIGHTING THE FUSION OF CONVENTIONAL MEDICINE WITH COMPLEMENTARY THERAPIES, THIS BOOK EXPANDS ON DR. WARNER'S VISION OF BALANCED HEALTHCARE. IT DISCUSSES CASE STUDIES WHERE INTEGRATIVE APPROACHES HAVE IMPROVED PATIENT RECOVERY AND SATISFACTION. THE TEXT SERVES AS A RESOURCE FOR CLINICIANS INTERESTED IN BROADENING THEIR TREATMENT MODALITIES.

8. PATIENT-CENTERED CARE IN MEDICINE IN BALANCE

THIS BOOK UNDERScores THE IMPORTANCE OF VIEWING PATIENTS AS WHOLE INDIVIDUALS RATHER THAN JUST FOCUSING ON SYMPTOMS. IT REFLECTS DR. WARNER'S ADVOCACY FOR EMPATHETIC COMMUNICATION AND PERSONALIZED TREATMENT PLANS. THE NARRATIVE ENCOURAGES HEALTHCARE SYSTEMS TO ADOPT POLICIES THAT SUPPORT HOLISTIC AND PATIENT-CENTERED CARE MODELS.

9. PREVENTIVE MEDICINE: STRATEGIES FOR LIFELONG BALANCE

FOCUSING ON PREVENTION, THIS BOOK ALIGNS WITH THE TENETS OF MEDICINE IN BALANCE BY PROMOTING LIFESTYLE CHANGES THAT MAINTAIN HEALTH BEFORE ILLNESS OCCURS. IT COVERS TOPICS SUCH AS EXERCISE, SLEEP HYGIENE, AND EARLY SCREENING TO HELP READERS SUSTAIN BALANCE THROUGHOUT THEIR LIVES. THE APPROACH IS PROACTIVE, AIMING TO REDUCE THE BURDEN OF CHRONIC DISEASES THROUGH INFORMED CHOICES.

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medicine in balance dr wendy warner: Awaken to Healing Fragrance Elizabeth Anne Jones, 2011-06-14 Written for both lay readers and practitioners, Awaken to Healing Fragrance is divided into three parts structured around the past, present, and future of aromatherapy. The book begins with profiles of prominent female historical figures—from Cleopatra to Elizabeth I—known to have used essential oils for mind, body, and spiritual health. Part two explains the value of aromatherapy today: modern methods for using essential oils—from relaxation practices like massage and facials to treating common conditions like PMS, stress, and a sore throat—and describes how and why they work. Also featured are case studies, research on anti-infectious qualities of the oils, and a section on psychoneuroimmunology that shows how essential oils can help restore the mind-body-spirit connection and create balance. Awaken to Healing Fragrance concludes by exploring the future of essential oil therapy and how it can be integrated into traditional medical systems. Jones discusses energetic medicine, creating aromatic gardens, and establishing integrative medicine clinics where doctors trained in Western medicine would collaborate with alternative therapists such as acupuncturists, nutritionists, and aromatherapists to bring a new consciousness and sense of well-being to healthcare.

medicine in balance dr wendy warner: Blood and Bone Marrow Pathology E-Book Anna Porwit, Jeffrey McCullough, Wendy N Erber, 2011-05-27 Chapters have been totally rewritten and some new chapters have been added especially on myeloid malignancies, in line with the WHO 2008 Classification All chapters have been revised to include new aspects of molecular biology and updated concerning flow cytometry diagnostics Greater emphasis on practical diagnostic aspects for all disorders Brand new editorial and contributing author team. Full Online text through Expert Consult. Full downloadable Image Bank

medicine in balance dr wendy warner: Research Centers Directory , 1986 Research institutes, foundations, centers, bureaus, laboratories, experiment stations, and other similar nonprofit facilities, organizations, and activities in the United States and Canada. Entry gives identifying and descriptive information of staff and work. Institutional, research centers, and subject

indexes. 5th ed., 5491 entries; 6th ed., 6268 entries.

medicine in balance dr wendy warner: Mastering Menopause Deborah M. Merrill, 2019-12-02 Interviews with and case studies of women in the U.S., accompanied by research in this text, show how our perceptions, thoughts, and spiritual practices can help women through menopause without drugs and their potential side effects. More and more women today are seeking natural ways to cope with menopause, including through mindfulness techniques and Eastern practices such as meditation. Women of various races, ages, and socioeconomic status interviewed at length for this study explain their experiences, victories, and setbacks in their quests to overcome this natural but body- and brain-altering change. Complementing findings from her research with wider outside research, author Deborah Merrill explains how popular culture depictions, race, class, and education all alter women's perceptions of the meaning of menopause, and how those perceptions can complicate, exacerbate, or alleviate physical and psychological symptoms. She details the medical view that views menopause as a problem to be solved, rather than as a natural event. And, through women's words and case studies, she details psychospiritual approaches many are adopting to cope, instead of seeking potentially harmful medicines. Readers will find new insights, wisdom, and potential solutions in the array of voices, experiences, and paths taken and presented in this book.

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medicine in balance dr wendy warner: New York Magazine , 1992-09-14 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

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