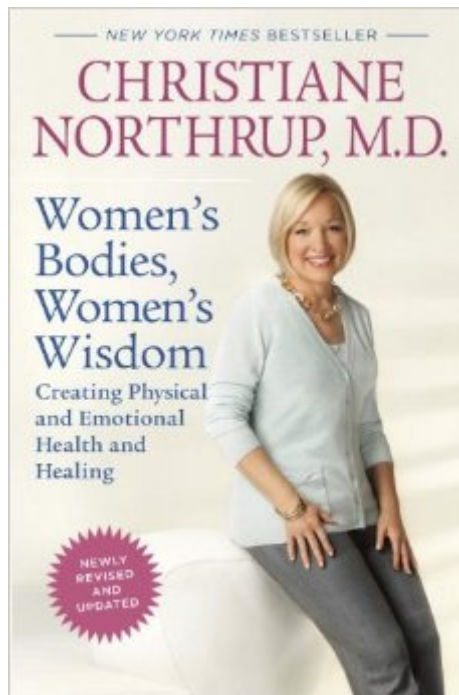


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# Women's Bodies, Women's Wisdom (Revised Edition): Creating Physical And Emotional Health And Healing



## Synopsis

When it was first published in 1994, *Women's Bodies, Women's Wisdom* quickly became an international bestseller, and for the past fifteen years it has remained the veritable bible of women's health. Now, in this revised and updated edition, world-renowned and much-beloved women's health expert Dr. Christiane Northrup shares with us the latest developments and advances that will maximize our potential for living well in our bodies today. Inside you will discover a new material on sexuality and how to have a more fulfilling sex life the spiritual and scientific principles behind healing from terminal illnesses, and how you can utilize these principles for your own health and the health of others vital information about how to truly dissolve PMS and ease menstrual cramps extraordinary facts on Vitamin D and why it is crucial for breast, cardiovascular, and immune system health the importance of the preconception diet and how to greatly decrease your risk of birth defects how to birth naturally, despite the current induction and C-section epidemic all you need to know about thyroid function, including proper blood tests life-saving facts about cellular inflammation the root cause of all chronic degenerative diseases and how to prevent this condition the essentials on the fountain of youth molecule and how to enhance your levels of it for vibrant health Living a healthy life in a woman's body can be downright fun even ecstatic! And that's good news for everyone women, men, and their children.

## Book Information

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Average Customer Review: 4.5 out of 5 stars See all reviews (172 customer reviews)

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## Customer Reviews

First!!! Please make sure you are looking at the new 2010 edition with the White cover and standing

photo of Dr. Northrup. is posting all the reviews to ALL the editions! You can reach the other book by clicking on the above link that says which version this review refers too. This is a brand new, newly researched and very updated version of an important book. I'm sorry that I didn't list the updates from the back of the book first on the main product page. Here they are: \* new material on sexuality--and how to have a more fulfilling sex life\* the spiritual and scientific principles behind healing from terminal illnesses, and how you can utilize these principles for your own health and the health of others\* vital information about how to truly dissolve PMS and ease menstrual cramps\* extraordinary facts on Vitamin D--and why it is crucial for breast, cardiovascular, and immune system health\* the importance of the preconception diet and how to greatly decrease your risk of birth defects\* how to birth naturally, despite the current induction and C-section epidemic\* all you need to know about thyroid function, including proper blood tests\* life-saving facts about cellular inflammation--the root cause of all chronic degenerative diseases--and how to prevent this condition\* the essentials on the "fountain of youth molecule"--and how to enhance your levels of it for vibrant health! It is also important to look at the dates on the reviews when considering them. Many of them are 10 or more years old. Not only has the over 900 pages of information been significantly updated, but attitudes towards its content have changed dramatically since it was first published.

I don't have the revised version, so I can't speak on that. But the original book changed me profoundly. I came from a typical American, Western-civilization, patriarchal belief system & lifestyle. That was the type of church I was involved in, it was the type of family I came from & thus it was how my mind had been trained to work. And work I did, never understanding why trying to achieve the American Dream was so hollow & exhausting at the end of the day. I first read this when I was eighteen, and used it for a couple of years afterwards to work through some very painful memories & experiences. Although it was not a cure-all, doing the exercises in the book really helped me to start uncovering who I was underneath my social environment & upbringing. Dr. Northrup brings to the table historical information, dozens of case studies from her own & other doctors' work & perhaps most valuable of all, her own experiences. I greatly appreciate her being willing to share her own struggles with her readers. I found what she was saying echoing through me as FINALLY, another person understanding why I was never content with my traditional, extremely male-dominated religion. Although I didn't fully recognize it or even be able to name it for years to come, I started to understand why I had lived virtually my whole life with an immense sense of cognitive dissonance. Partially because of this book, I started reading a lot more, challenging

so-called authority more often, started doing yoga & studied a more Eastern philosophy, diet & lifestyle. It was one of the most transformative periods of my life, a time of a lot of emotional purging through tons of writing, tons of thinking & tons of tears. I am grateful I had the time & space to do this at such a young age, a chance many people never get.

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