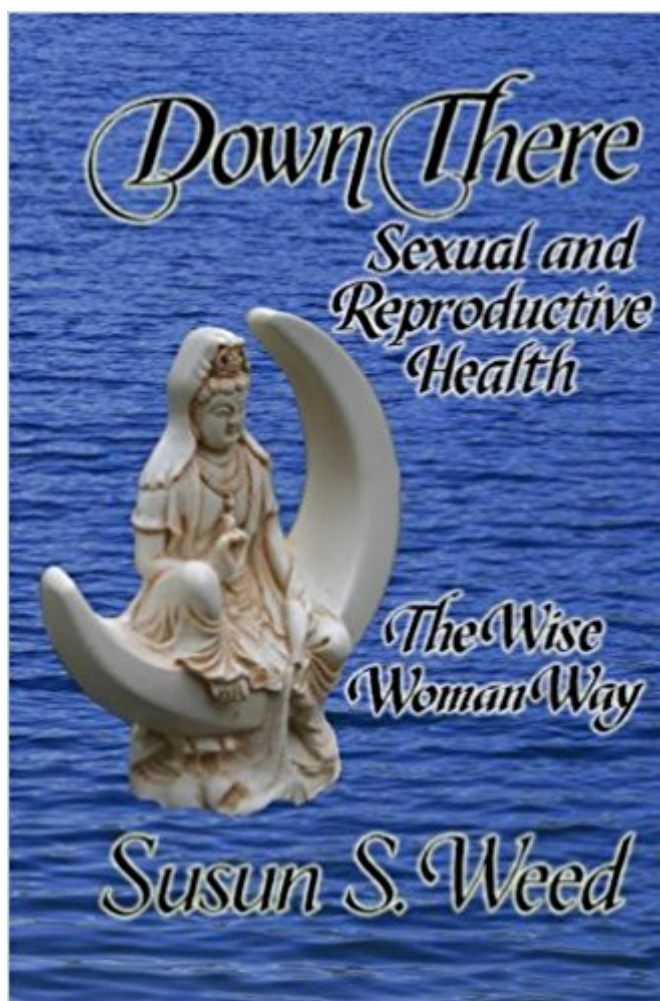


The book was found

Down There: Sexual And Reproductive Health (Wise Woman Herbal)



Synopsis

What would your private parts say if they could speak? The pelvic floor, bladder, prostate, cervix, clitoris, uterus, ovaries, and lots of other pelvic parts have their say in Susun Weed's new book *Down There: Sexual and Reproductive Health the Wise Woman Way*. Susun Weed, the voice of the Wise Woman Tradition, has spent the last twenty-five years listening to what's between our legs. Her new book gives voices to all those parts, describes them in health, and offers alternative, complementary, integrative, homeopathic, and allopathic remedies for their distresses. Whether your "down there" gives you pleasure or pain, Ms. Weed's simple, successful, strategies optimize health. "Filled with beauty, truth, wisdom and healing." Christiane Northrup, MD, author *Get the answers to your most intimate questions right now. Do you have it? What can you do?* *Orgasms* *Fibroids* *Prostate Problems* *Virility* *Incontinence* *Hysterectomy* *Alternatives* *Desire* *Infertility* *Sex Infections/STDs* *PCOS* *Cervical Issues* *Healing After Trauma* *UTIs* *Endometriosis* *Chronic Pelvic Pain* *LUTS* *Hemorrhoids* *Dry Vagina* You'll find a full range of options, fully explained and well-illustrated, so you can make the very best choices for your good health. * Homeopathic remedies * Nourishing herbal infusions * Emotional aids * Dietary strategies * Herbal stars * Alternative medicines * Helpful/harmful drugs * Successful surgery * Shamanic/soul work "Feel good in your body. Feel good in your spirit. Take this time away from demands and feel good. Lean against me as you sing. Lean against me and sing with me until the bones of the Ancients ring with ecstasy. Sing yourself to sleep. Sing yourself to wholeness, sing yourself to joy."

Book Information

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Customer Reviews

Susun S. Weed is the voice of the Wise Woman tradition, where healing is nourishing. She is known internationally as an extraordinary teacher with a joyous spirit, a powerful presence, and an encyclopedic knowledge of herbs and health. For more than thirty years she has opened hearts to the magic and medicine of the green nations, restoring herbs as women's common medicine, and empowering women to care for themselves. Susun is founder of the Wise Woman Center, editor-in-chief of Ash Tree Publishing, a high priestess of Dianic Wicca, a member of the Sisterhood of the Shields, a Peace Elder, and happy herder of her dairy goats. Her four books: *Healing Wise*; *New Menopausal Years the Wise Woman Way*; *Breast Cancer? Breast Health! the Wise Woman Way*; *Wise Woman Herbal for the Childbearing Year*; and *Down There: Sexual and Reproductive Health the Wise Woman Way* are used by more than a million women throughout the world. She writes a regular herbal column for *SageWoman Magazine* and hosts the Wise Woman website and a forum at www.susunweed.com created by her amazing daughter Justine. Susun continues to train apprentices, initiate green witches, work with her correspondence course students, and write books.

There aren't many books on female and reproductive health out there, especially those focusing on holistic and natural medicine, which is why this book is invaluable for every woman to own. This book is packed with so much vital wisdom. It describes a healthy pelvic floor, bladder, prostate, cervix, clitoris, uterus, ovaries, penis, testicles, vagina, and vulva and offers alternative,

complementary, integrative, homeopathic, and allopathic remedies for their distresses. This is the type of book that you keep coming back to and referencing whenever you are having a female problem. I also loved the introductions with Grandmother Growth and the body part poetry even more. It really made me fall in love with my feminine power. This book is not only about the corporeal aspects, it intertwines the physical with the spiritual.

I have all of Susun Weed's books. This one is packed with herbal and practical advice on everything to do with the reproductive system for women as well as men. I haven't read it completely, but I found some interesting and helpful information. All of her books are great to keep on hand, and especially if you are dealing with any health issues. I especially love the one on menopause! There are herbal recipes and instructions on making them! Remember to drink your daily herbal infusions! That reminds me, I better go put the kettle on...

Wonderful information about topics most don't want to discuss, thank you Susun! You are a Gem!!

I HAVE A COUPLE BOOKS FROM THIS AUTHOR AND THEY'RE VERY, VERY INFORMATIVE.

Susun's books are treasures. each one is PACKED with information. this book is practical and entertaining. I recommend it for experienced herbalists as well as any woman interested in being proactive in her own healthcare. I am a practicing acupuncturist and herbalist and refer to it all the time!

I just discovered susun weed through my god mother, I could have not been happier with this book or with the wise woman way. I love how she describes our relationships with our bodies both inside and out and all the recipes and procedures are easy to follow. her book for me has been an extreme life change and I cant imagine living any other way from here. our bodies are special and we must take care of it, for me the wise woman way is the best way to ultimate connection with my body and the earth I live on!

What a great book! Any problem - male or female - that a person could have "down there" is covered. What to do, how to stay healthy. You do have to realize though, that Susun Weed expects that you take charge of your own health. No more saying, "but my Dr. said..." What do you say? Educate yourself and take charge. You know yourself best.

Very informative guide for reproductive health for women. Would have loved a bit more case studies and younger women tips - it is geared to a wiser audience but very very helpful reference!

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