

Lexikon Der Frauenkrauter Inhaltsstoffe Wirkungen

Celia Schönstedt,Petra Schneider

Lexikon der Frauenkräuter Margret Madejsky,2008

Leitsymptom chronischer Unterbauchschmerz der Frau Martin Sillem,Friederike Siedentopf,Sylvia Mechsner,2015-04-28

Dem in der Frauenarztpraxis häufigen und unspezifischen Symptom Chronischer Unterbauchschmerz liegen oft mehrere Ursachen gleichzeitig zugrunde. Ein multimodaler Therapieansatz ist bei diesem komplexen Beschwerdebild, das häufig eine Herausforderung für den Diagnostiker und Therapeuten gleichermaßen darstellt, in den meisten Fällen sinnvoll. Dieses Buch, geschrieben von klinisch erfahrenen Herausgebern und Autoren, bietet eine hilfreiche Unterstützung bei der Gewichtung der einzelnen pathogenetischen Faktoren und der Differenzialdiagnostik. So finden sich unter anderem Kapitel zu - Endometriose - Reizdarmsyndrom - Uterus myomatous - Urologischen Ursachen/muskulären Beckenbodenschmerzen Die Säulen der Therapie werden ausführlich erörtert - Diagnosespezifische medikamentöse und operative Maßnahmen - Symptomorientierte multimodale Therapie - Psychosomatische Behandlungsansätze - Selbsthilfe und komplementäre Behandlungsansätze Ein Überblick über die derzeitige Versorgungsrealität in Deutschland rundet das Werk ab.

Lebe deine weibliche Energie Celia Schönstedt,Petra Schneider,2023-11-17 Was ist das Besondere am Frausein? Wie lassen sich weibliche Prinzipien von Intuition, Hingabe und Empfangen verkörpern? Die beiden Heilpraktikerinnen Celia Schönstedt und Petra Schneider zeigen leichte Anwendungen, mit denen jede Frau ihre weibliche Energie entdecken und aktivieren kann. Wirkungsvolle Meditationen, YinYoga, QiGong, Heilpflanzen und Massagen mit Aromaölen, aber auch Impulse für die eigene Wohnung, Kleidung und Schmuck eröffnen sanft die Quellen der weiblichen Urkraft.

Tanz mit den Hormonen Katharina Maria Burkhardt,Margit Friesenbichler,2022-11-17 Wie wirken Hormone? Sie steuern so ziemlich alles in unserem Organismus und beeinflussen unser körperliches und psychisches Wohlbefinden. Doch wie werden Sie wieder gesund und wie bleiben Sie vital? Dieser Ratgeber erklärt, was Sie bei Hormonmangel, zu hohen Werten und bestimmten Krankheitsbildern konkret tun können. Die Autorinnen teilen ihr fundiertes Wissen über hormonelle Einflüsse und nachhaltige Lösungen bei alltäglichen Krankheitsbildern wie z. B. Haarausfall und Hautproblemen, Schilddrüsenstörungen, Depressionen, Schlafstörungen, Migräne, Herpes, Wechselbeschwerden, aber auch Störungen durch hormonelle Empfängnisverhütung oder Stress. Plus: •eine leserfreundliche Einführung in die Welt der Hormone •Hilfestellung für Frauen und Männer mit alltäglichen Beschwerden •Erfahrungsberichte von PatientInnen •praktische

Checklisten zum Nachschlagen, auch für TherapeutInnen Zu Wort kommen auch fünf PatientInnen, die von Ihren Beschwerden und dem Behandlungserfolg berichten. Erfahren Sie im Buch, wie sich Ihr Lebensstil und die Umwelt auf Ihren Hormonhaushalt auswirken, welche Rolle Kosmetika, die Ernährung und Mikronährstoffe dabei spielen, welche Wechselwirkungen auftreten und wie Sie einem hormonellen Ungleichgewicht gegensteuern können. Die Autorinnen erklären darüber hinaus, was bioidente Hormone sind, welche Vorteile sie im Vergleich zu synthetischen Hormontherapien haben und geben Tipps, was Sie bei der Anwendung beachten sollten.

Hormonelle Beschwerden pflanzlich behandeln Karin Detloff, 2016-02-09 Keine Hormone – aber was dann? Experten sind sich heute darüber einig, dass eine Behandlung mit künstlichen Hormonen nur nach sorgfältiger Abwägung des Nutzens und der Risiken in Betracht kommen sollte. Denn mehrere Studien haben gezeigt, dass die Behandlung mit künstlichen Hormonen unter anderem das Risiko für Brustkrebs, Herzinfarkt und Schlaganfall erhöht. Zum Glück hält die Natur zahlreiche gute Alternativen zur Hormontherapie bereit. In diesem Ratgeber erfahren Sie, welche Heilpflanzen Sie verwenden können, um sich bei Beschwerden im weiblichen Hormonhaushalt sanft, nebenwirkungsarm und effektiv zu helfen. So hilft Ihnen dieser Ratgeber sanft bei hormonellen Beschwerden: Rezepte gegen PMS, Wechseljahresbeschwerden, Stimmungstief zum Eisprung oder depressive Stimmung vor der Menstruation bilden das Herzstück des Buches. Heilpflanzenporträts, Anleitungen zum Verarbeiten von Heilpflanzen sowie Hintergrundinformationen zu Hormonen und deren Auswirkungen machen es zu einem praktischen Begleiter.

Pflanzliche Antibiotika Aruna M. Siewert, 2013-11-28 Durch den häufigen Einsatz von Antibiotika haben viele Keime Resistenzen dagegen entwickelt, was im Fall von Infektionen gefährlich werden kann, da die Antibiotika dann nicht mehr wirken. Doch die Natur besitzt ihre eigenen, nebenwirkungsfreien Antibiotika. Viele Pflanzen, ätherische Öle und Lebensmittel wirken, richtig eingesetzt, antibiotisch und werden darum als natürliche Antibiotika bezeichnet. Dazu gehören z.B. Knoblauch, Honig und Zitrone, aber auch Ringelblume, Teebaumöl und Propolis. Dieser Ratgeber zeigt, welche natürlichen Antibiotika es gibt, bei welchen häufigen Beschwerden sie wirken, wie sie im Krankheitsfall angewendet werden, wie man sie leicht selbst zubereiten kann und welche Präparate erhältlich sind.

Gli antibiotici della natura Aruna M. Siewert, 2015-03-10T00:00:00+01:00 C'è una pianta medicinale per tutto! Le piante medicinali aiutano efficacemente il nostro sistema immunitario a combattere gli agenti patogeni e l'organismo torna rapidamente in salute. Il testo di Aruna Siewert spiega l'azione degli antibiotici naturali presentandone tutti i vantaggi in confronto ai farmaci tradizionali con schede dettagliate abbinando per le patologie più comuni il trattamento naturale più efficace.

Vaihdevuodet luonnollisesti Varpu Tavi, 2020-03-16 Vaihdevuodet ovat luonnollinen osa naisen elämää Naisen elämä 45-65-vuotiaana on hormonitoiminnan muutosten aikaa. Se on elämänvaihe, jossa lasten saantiin tarkoitettu keho muuttaa

toimintaansa perusteellisesti. Näinä vuosina nainen saattaa kokea hiustenlähtöä, kuumia aaltoja ja unettomuutta. Hänellä saattaa olla keskittymisvaikeuksia, virtsatietulehdusia, sydämentykytyksiä ja vielä finnejäkin. Häntä ehkä itkettää, kiukuttaa ja jatkuvasti väsyttää - ja limakalvotkin ovat kuivat eikä seksi kiinnosta. Kaikki naiset eivät oireile, eivätkä kaikkien oireet ole vaikeita, mutta osalla naisista oireet heikentävät elämänlaatua, jopa tuntuvasti. Vaihdevuosien ajasta ei kuitenkaan ole pakko kärsiä. On paljonkin, mitä nainen voi itse tehdä hormonaalisen tasapainonsa eteen. Tässä kirjassa annetaan keinot oireiden vakavuuden arvioimiseen sekä työkalut niiden hoitamiseen. Valittavanasi on koko kirjo hormonikorvaushoidoista ja kirurgiasta homeopatiaan, ayurvedaan, kiinalaiseen parannustaitoon, eurooppalaiseen luontaisparannukseen sekä yröttiterapiaan. Vaihdevuodet ovat mahdollisuksien aikaa: voit rohkeasti olla itsenäinen valinnoissasi - ja ennen kaikkea voit hyvällä omallatunnolla ottaa aikaa itseäsi ja omaa hyvinvointiasi varten. Jokaisella naisella on oikeus ja vapaus valita itselleen sopivimmat keinot tavoitella hormonitasapainoa. Ole itseäsi kohtaan lempeä ja valitse viisaasti! Varpu Tavi on filosofian maisteri, yksi Suomen luetuimpia terveystietokirjailijoita sekä Uuden Suomen blogisti. Varpu Tavi on kokonaisvaltaiseen terveyteen ja täydentävään lääketieteeseen erikoistunut tietokirjailija, toimittaja ja blogisti, joka on jo vuosia edelläkävijänä kirjoittanut hiilihydraattitietoisen ruokavalion ja luonnonmukaisten hormonihoitojen puolesta.

Heimische Heilpflanzen - Das Zeitlose Wissen Der Druiden Diana Freitag,2021-08-12

Homoeopathic Medicine for Dogs H. G. Wolff,1998 Both veterinary surgeons new to homoeopathy and dog owners with no specialised medical knowledge will find this a practical and useful guide to the use of homoeopathic medicine in the treatment of canine ailments '

Witchcraft Medicine Claudia Müller-Ebeling,Christian Rätsch,Wolf-Dieter Storl,2003-10-01 An in-depth investigation of traditional European folk medicine and the healing arts of witches • Explores the outlawed "alternative" medicine of witches suppressed by the state and the Church and how these plants can be used today • Reveals that female shamanic medicine can be found in cultures all over the world • Illustrated with color and black-and-white art reproductions dating back to the 16th century Witch medicine is wild medicine. It does more than make one healthy, it creates lust and knowledge, ecstasy and mythological insight. In Witchcraft Medicine the authors take the reader on a journey that examines the women who mix the potions and become the healers; the legacy of Hecate; the demonization of nature's healing powers and sensuousness; the sorceress as shaman; and the plants associated with witches and devils. They explore important seasonal festivals and the plants associated with them, such as wolf's claw and calendula as herbs of the solstice and alder as an herb of the time of the dead--Samhain or Halloween. They also look at the history of forbidden medicine from the Inquisition to current drug laws, with an eye toward how the sacred plants of our forebears can be used once again.

Complete Earth Medicine Handbook Susanne Fischer-Rizzi,2003 Plant lovers and herbalists will relish these beautifully illustrated, expert, and loving descriptions of 33 common healing plants. For each, there's information on the variety's

medicinal properties and historical background. Learn how to collect, propagate, and harvest herbs. Recipes guide you in using these miraculous plants in delicious dishes, in healing preparations, and in cosmetics.

The Encyclopedia of Serial Killers Michael Newton, 2006-02 The Encyclopaedia of Serial Killers, Second Edition provides accurate information on hundreds of serial murder cases - from early history to the present. Written in a non-sensational manner, this authoritative encyclopaedia debunks many of the myths surrounding this most notorious of criminal activities. New major serial killers have come to light since the first edition was published, and many older cases have been solved (such as the Green River Killer) or further investigated (like Jack the Ripper and the Zodiac Killer). Completely updated entries and appendixes pair with more than 30 new photographs and many new entries to make this new edition more fascinating than ever. New and updated entries include: Axe Man of New Orleans; BTK Strangler; Jack the Ripper; Ciudad Juarez, Mexico; John Allen Muhammad and Lee Boyd Malvo, the Sniper Killers; Gary Leon Ridgway, the Green River Killer; and Harold Frederick Shipman.

The Circle is Sacred Scout Lee, 1995 Drawing on ancient wisdom and contemporary spirituality, this illustrated book of healing and medicine provides a host of resources to link the reader with an ever-widening circle of women. Sacred illuminates legends and history, detailing rituals and traditions both old and new. According to Lee, When you bring yourself into the Circle, you are part of the larger whole, and that is healing.

One Hundred Shades of White Preethi Nair, 2011-09-22 'Preethi packs a powerful punch in this book about family, forgiveness and the power of truth.' Guardian

Conversations with the Womb Giuditta Tornetta, 2014-07-25 Warning: this book is NOT a new-age self-help softy. Perhaps it's the subject that initially enchanted me. I personally wish I had thought of having a Conversation with MY Womb! Giuditta Tornetta did think of it, and she rendered her trailblazing idea into a book that is at once practical, and a wildly esoteric page-turner. -Midwife Robin Lim, 2011 CNN Hero, International Alexander Langer Award Recipient. Conversations with the Womb is a guide back to yourself. It is time for this material to inspire and influence today's woman. -Kelly Brogan MD, Holistic Women's Health. Conversations with the Womb is a treasure. A perfect way to connect with the profound wisdom we all carry inside. -Christiane Northrup, M.D., ob/gyn physician and author of the New York Times bestsellers: Women's Bodies, Women's Wisdom and The Wisdom of Menopause. Often referred to as the well-spring of creation, the womb is the epicenter of a woman's relationship to the divine. Conversations With the Womb is a provocative rediscovery of ancient feminine power. Using the Nine Chakras of Creation as a road map to transforming one's personal history, women are encouraged to begin a profound and ongoing conversation with their most primal organ. Unburdened by their histories the immense creative force within the womb can be harnessed to manifest our heart's desire.

The Optimized Woman Miranda Gray, 2016-12-09 If you want to get ahead, get a cycle. The menstrual cycle consists of

Optimum Times - days of heightened performance skills and abilities. When we 'match the task to the time' we have the opportunity to excel beyond our expectations. We can achieve goals and success more easily, get ahead in the workplace, and enhance our feelings of fulfilment. In *The Optimized Woman*, Miranda Gray presents a flexible plan of practical daily actions for self-development, goal achievement and work enhancement, aligned to the phases of the menstrual cycle. This book will totally change how women think about their cycles. It will change how they live their lives, achieve their goals, plan their work and careers, and create happiness and well being. The reader will be amazed that this is the one self-development method that they can apply month after month without losing the commitment and motivation to achieve their dreams, and bring fulfilment and success.

Wild Mothering Tami Lynn Kent, 2013-02-19 Create new forms of mothering and learn to facilitate daily access to the power, spirit, and joy that mothering from the center brings. Building on themes from Tami Lynn Kent's award-winning *Wild Feminine*, *Mothering from Your Center* takes a groundbreaking, holistic approach to women's health as Kent provides gentle guidance through the emotional and physical transformative process of pregnancy, birth, and motherhood. Revealing her own soul-filled journey from miscarriage to motherhood, Kent offers an intimate and comprehensive guide to reclaiming the energetic center of the female body. Drawing on her work with thousands of women and the energy of the pelvic bowl, Kent teaches you to access the creative potential of your center and the profound medicine it contains for all aspects of mothering and living creatively. Learn how to • engage the energetic power of the pelvic bowl; • heal from pregnancy and birth; • strengthen the bond between mother and child; • create holistic family harmony; • find balance between work and home; • enhance creativity and joy. Whether you are pregnant, trying to conceive, recovering from childbirth, or raising children today, *Mothering from Your Center* will help you tap into your core feminine energy and explore your full creative range.

Homeopathic Psychology Philip M. Bailey, M.D., 1995-11-30 This is a most interesting book that combines psychology with homeopathy. Philip Bailey describes in depth the personality profiles of some 35 polychrests. The last pages of the book cover a mix of psychological astrology and homeopathy when he explores the elements and some polychrests. Bailey provides detailed information on 35 major types, giving insight on diagnosis, mental and emotional traits, and physical characteristics. His broad profiles of major constitutional remedies give the reader a good overall picture of the personality type and therefore ways of remembering facts about the archetype, by having a unifying theory for each remedy.

Flow Elissa Stein, Susan Kim, 2009-11-05 "A normally taboo topic claims attention with the surprising—and sometimes horrifying—history of cultural reactions to menstruation." —Publishers Weekly In this hip, hilarious and truly eye-opening cultural history, menstruation is talked about as never before. *Flow* spans its fascinating, occasionally wacky and sometimes downright scary story: from mikvahs (ritual cleansing baths) to menopause, hysteria to hysterectomies—not to mention the Pill, cramps, the history of underwear, and the movie about puberty they showed you in 5th grade. *Flow* answers such

questions as: What's the point of getting a period? What did women do before pads and tampons? What about new drugs that promise to end periods—a hot idea or not? Sex during your period: gross or a turn-on? And what's normal, anyway? With color reproductions of (campy) historical ads and early (excruciating) femcare devices, it also provides a fascinating (and mind-boggling) gallery of this complex, personal and uniquely female process. As irreverent as it is informative, Flow gives an everyday occurrence its true props—and eradicates the stigma placed on it for centuries. "Its contents, I found, are plainspoken—perhaps it will start chipping away at the taboo . . . the style is important and groundbreaking." —The New Yorker "In many ways, Flow is a breakthrough." —Daily Beast "Flow isn't just a book; it's a movement." —January Magazine "A witty look at the history of 'the nuisance' . . . for women of all ages. Who hasn't wondered why we get a period, what women did before the invention of the tampon—let alone the pad. Flow explains all." —Body and Soul Magazine

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