

Book Review

Women's Encyclopedia of Natural Medicine

by **Tori Hudson, ND**

Keats Publishing, a div. of NTC;

425 W. Touhy Ave., Lincolnwood, IL 60646

ISBN: 0-87983-788-8

Large format soft-cover; 358 pgs; \$24.95 US/\$32.95 CAN

As a long-time professor of gynecology at the National College of Naturopathic Medicine and the recipient of the 1990 American Association of Naturopathic Physicians' President's Award for her research in treatments for cervical dysplasia, Dr. Hudson is frequently consulted by other alternative health-care providers on issues of gynecology. Thus, I can think of no one better to write a comprehensive guide on women's health. Hudson presents alternative therapies as well as information on conventional diagnostics and treatments in an integrative manner likely to interest even the most conventional gynecologist.

Women's Encyclopedia of Natural Medicine is structured by condition and covers every gynecological problem a woman is likely to face, from amenorrhea to vaginitis and everything in between. Each chapter covers one condition and includes an overview of the condition followed by an in-depth discussion of potential alternative therapies, including nutritional supplements, botanicals, diet, exercise, and other treatments. Each chapter ends with a discussion of conventional approaches to the particular condition and a section describing what to expect from a visit to a licensed primary health-care practitioner. Considerable information is presented on various approaches to hormone replacement therapy, with the pros and cons of different regimens discussed in detail.

While the book was written for the general public, it is extremely well referenced and contains sample treatment plans providing an excellent quick-reference for the practitioner. Also, scattered throughout each chapter are handy, at-a-glance tables and charts with key concepts, prevention protocols, and many other items of interest.

Appendices include in-depth discussions of exercise programs, hormone replacement options, a "how to" section on specific procedures such as castor oil packs and sitz baths, a chart on determining body mass index, and a resource guide.

Christiane Northrup, MD, also a leading light in women's health care, wrote in the forward to the book: "This is a book that should be in every woman's health library and every practitioner's library, and is a resource for the new breed of conventional practitioners open to a more integrative health care system." I wholeheartedly agree.