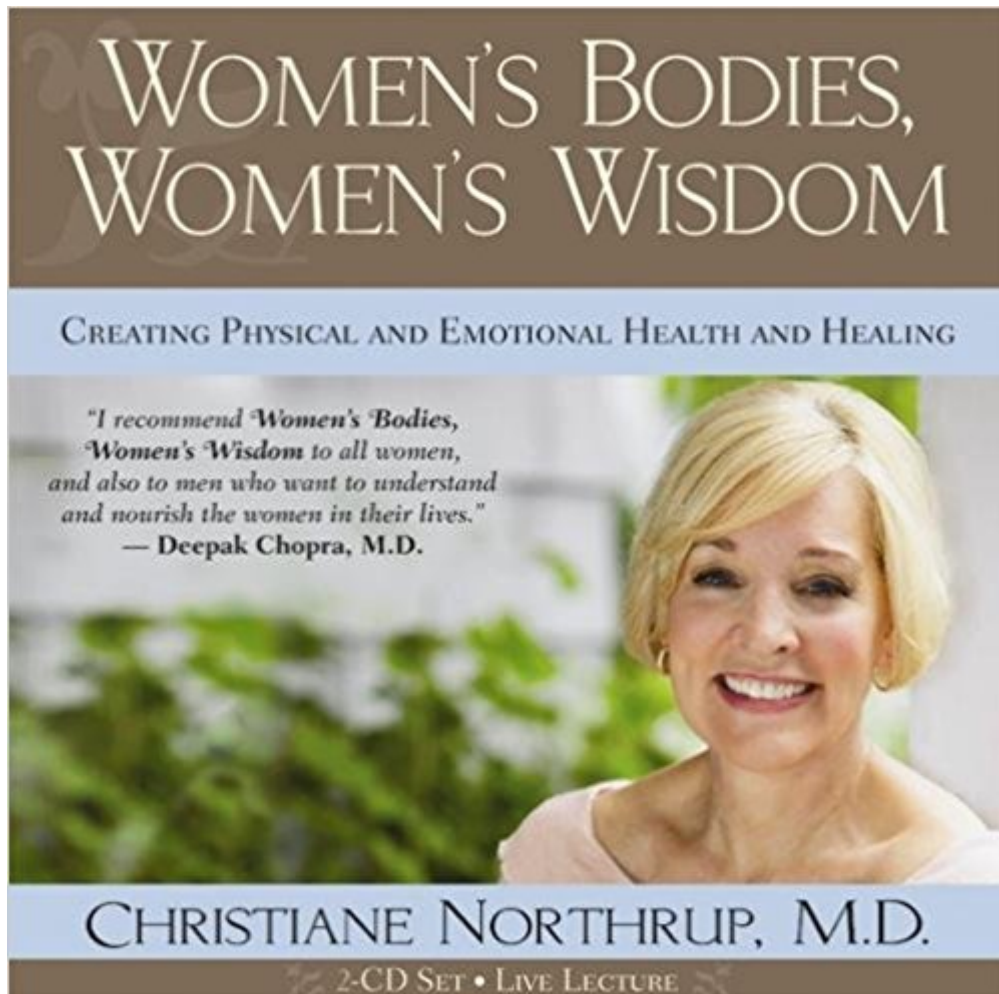




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# Women's Bodies, Women's Wisdom 2-CD Set



## Synopsis

Inspired by her best-selling book of the same name, *Our Bodies, Ourselves* Dr. Christiane Northrup brings you a powerful CD program that explores the unity of mind and body and the crucial role of the human spirit in creating health. You will learn: how thoughts, beliefs, and emotions can have organ-specific consequences and which ones can promote health and well-being; why a woman's own intuitive understanding of her body is as important as her doctor's assessment; why prescribing medicine or recommending surgery for a health concern is only one of many possible options . . . and much, much more!

## Book Information

Audio CD

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Average Customer Review: 4.2 out of 5 stars 287 customer reviews

Best Sellers Rank: #839,470 in Books (See Top 100 in Books) #72 in *Our Bodies, Ourselves* > Books on CD > Health, Mind & Body > Fitness #373 in *Our Bodies, Ourselves* > Books on CD > Health, Mind & Body > General #1112 in *Our Bodies, Ourselves* > Books on CD > Religion & Spirituality > General

## Customer Reviews

Quite possibly every female over the age of 12 will find this huge book enlightening, pain saving, and perhaps even lifesaving. Think of it as a much more empowering and holistic *Our Bodies, Ourselves*. Northrup is a gynecologist who acknowledges the power of natural therapies and herbs, but also maintains that allopathic treatments, including surgery, are sometimes best. In *Women's Bodies, Women's Wisdom*, she covers the treatment of many physical concerns--among them PMS, menstrual cramps, breast cancer, fibroids, endometriosis, infertility, depression, childbirth, abortion, cystitis, and menopause--explaining how many of these physical problems have roots in emotional upsets. For example, a woman who is unhappy with her marriage may be infertile because deep down, she knows that her husband is not the right man to have children with; a teenager who has cramps may be having problems accepting society's expectations of her as a woman. Some readers may be put off at first by Northrup's obviously unconventional ways of thinking. Her medical

approach is decidedly feminist, blaming our "addictive" and patriarchal society for many of the health problems plaguing women. She clearly illustrates her ideas, however, by drawing upon two decades of experience from her medical practice and citing dozens of her patients' remarkable personal stories. Northrup also delineates the best way to go about tuning in to one's body and mind in order to start the healing process, a self-induced therapy of sorts. She also includes in the book a copy of the eye-opening health inventory she gives her clients. It includes unusual questions such as "Are you bored with your life?" and "Do you have enough friends or neighbors?" This book will be of special benefit to women who are pregnant or entering menopause. Northrup is an unequivocal believer in natural births and her dialogue on the birthing process will remove the fears of even the most petrified mother-to-be. She criticizes episiotomies (she should know; she's given birth without one) and supports midwifery. She also warns against the harmfulness of cesarean births and includes illustrations of acupressure points that help turn around a breech baby. For women in perimenopause or menopause, Northrup will help turn this life phase into one of peace and personal growth instead of one of suffering. She was one of the first doctors to use natural progesterone to treat menopausal symptoms, and this revised edition includes a clear primer on the latest in hormone replacement therapy and how to determine if it's right for you. Northrup also expounds upon the benefits of acupuncture and herbalism--as well as emotional self-analysis--for alleviating hot flashes and mood swings. --Erica Jorgensen --This text refers to an out of print or unavailable edition of this title.

This guide goes far beyond standard self-help books, assessing women's health within the context of their work, families and society. The author, a holistic physician specializing in obstetrics and gynecology, seeks to illuminate the basic conditions of women's lives that lead to their health problems. A founder of Women to Women, a clinic that practices within the context of conventional medicine, Northrup, in 17 years of caring for women, was led to take a holistic view of women's health. She cites dramatic and affecting cases of women healing from long-term illnesses, through alternative medical methods such as herbal medicine, dietary changes and relaxation techniques. The book begins with an exploration of how society influences the way in which women think about and care for their bodies. Part two provides a comprehensive description of women's anatomy and includes a list of conditions and concerns from fibroids to hysterectomy. The book's third portion discusses what type of guidance to look for in a health care provider: it is essential, Northrup says, to develop a working partnership with a health care team. Her work is based on the belief that the cultural context of a woman's life affects her mental and physical health. And so, women must learn

that their wounding, if any--physical, psychological and spiritual--is part of a larger cultural wound. Northrup's book is as accessible as it is empowering. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Have you read this book yet? No? You must read it! This is life changing! Absolutely life changing! Chstiane Northrup does an amazing job of explaining the connections between our bodies, our minds, and our spirits. As a cancer survivor, I was shocked at how much sense this book makes about how we perceive health.

Increasingly, publishing to the "card market" follows the creation of a successful new age book. I collect cards and oracle decks of all kind and find that many of these decks work only as a "card for the day" type inspiration. Unlike Tarot cards, most lack a workable system. I was pleased to find that Dr. Northrup's cards were of a different breed. As an artist and former professional card reader of many years, I liked her system from the get go. In the first few pages of her small but informative book, she grasped a concept that I tried to get across to my clients for years. Our present and future reality is created by our thoughts and the lessons we have chosen to learn. Yes, this is the same message as "The Secret" puts forth but in reality it is not an easy one to live. You have to understand how your energy is being used before you can change it. Tarot can show what is coming your way in the near future, but if you don't grasp the deeper meaning then all you see are alternate versions of the same plot playing out again and again. Insights into events are what change your life, not harping on the events and outcomes themselves. Dr. Northrup provides a system that addresses both the spiritual needs and the stages of the creative process needed to process them. You won't find actual events described here but you will find a wealth of spiritual and energetic insight. Her cards are divided into five major areas on feeling: Fertility and Creativity - Acknowledging your basic creative energy and channeling it. Partnership- Working with your creative energy in the presence of others. Nurturance/Self-care- Taking care of and rebuilding your creative energy. Self-Expression - Having your unique energy recognized in the world. Enlightened Heart and Mind- Balancing the intellect and emotion. Each area also has ten stages represented by cards with the same name but a different focus: Imagine/Allow, Prepare, Flexibility with Structure, Hierarchy vs. Partnership, Perfection vs. Imperfection, Risk vs. Safety, Active vs. Passive, Channel clearly, Regroup, Complete and move on. This resonated strongly with me as an artist because it is basically the same steps I go through when creating a painting. Why not use it in energetic creations as well? The first reading I did was the four card reading on Life Purpose. Card one which

represented the past was Risk Vs Safety from the Nurturance/Self Care section. It spoke of learning to receive rather than always giving. This resonated strongly since the last cycle in my life had been one of continual giving without benefit of much return. I had come to realize that this was a pattern created in childhood that was exhausting me. Card two was about the present. This card was from the Self-Expression group, the card was Regroup. Given the first card this made a great deal of sense because I am working on changing the way in which I share energy with others. Card three is about the future. It was from the group Partnership. The card was Channeling Clearly. Again this was a direct hit. As noted in the first card, many of my life issues involved dealing with people who had nothing to give. It was now time to clearly envision what I wanted from the people I allowed into my life. This also had reference to my partnership with my artwork as that too was in need of fine tuning. The final card, "what your inner guidance wants me to know," showed that I was essentially on track. It was from Fertility/Creativity. That card was again Channel Clearly. The issue of asking clearly for what I want has been a lifelong task. It was good to know that the rest of my reading showed that I was headed in the right direction. I did several other readings on relationship with others and found the cards to be good indicators of what I was learning from or teaching to someone else. Who was learning what from whom seemed to be indicated by the level of the card. For instance a person I knew who was very concerned by what others think about her might pick a card from level 2 in partnership. Looking at that card I felt that I was a good bit higher up the scale and was probably the teacher. When I looked at my card it showed that I was learning a different skill from this person, one they were stronger in. The cards themselves are extremely well-made with a good finish. The gold foil edges make them look very rich but the illustrations, while very beautiful, don't make much sense until AFTER you read the description. While this can be a deal breaker for me, I found that reading the advice was very valuable even without an intuitive "feed" coming from the images. The backs of the cards are also a very beautiful arrangement of blue angel wings arranged in a circular pattern that has a fractal feel to it. Please note that if you have come to this page and see this product advertised for \$60, the price on the box is \$15.95 and I paid around \$12 here at . I am not sure what the problem is with one of the web pages but there are apparently two linked to this product. Here is a trick I learned. If you access the page with the \$60 dollar price tag, click on the "search another edition" button beneath the place where a picture should be. This will bring you to the lower priced item.

You Can Heal Your Life, The Movie, Expanded Version: 90-minute DVD, plus 4 hours of additional interviews and an Interactive Affirmations Tool!! discovered Christiane Northrup, M.D. on the DVD

and book "You Can Heal Your Life" by Louis Hay. Dr. Northrup both inspired me in the movie and in the bonus material. She has the credentials to speak authoritively. She is a Board Certified obstetrician and gynecologist with more than 25 years of clinical and medical teaching experience. She writes in this book of the Whole Woman: the physical, spiritual and metaphysical. She is in great company with Louis Hay, Dr. Wayne Dyer and other great spiritual teachers and pioneers. This massive volume of over 900 pages covers all the concerns of women and includes special areas as "The Female Energy System" including the "Matter/energy continuum", "Earth Energy" and the "Chakras". She makes the connection with each of the 7 chakras to the corresponding organ systems in the female body. This is straight talk about womanhood in all the stages of life. Some may want to read straight through but is also great as a woman's reference. Alternative healing ideas abound. Read it together with your husband and the both of you will find a new appreciation of that divine woman within.

Dr. Christiane Northrup empowers women to have a voice in improving our health and managing our care with imperative details shared in *Women's Bodies, Women's Wisdom*. It's a must-read to better understand the happenings of our bodies.

Dr. Northrup is an excellent writer, and is so knowledgeable about women and their health. This should be a "handbook" for all women. Her emphasis on finding the "right" instead of what is wrong really appeals to me. I encourage all women and men who love women to read her articles, books and hear her on Hay House webinars. I love her philosophy of wellness and refer to this book often.

For womans of any age. I found the information in this book very helpfull. It did help me understsnd my own body and the changes I'm going through as well as the women in my family.

I adore this book! I am reading it everyday, I go over the book, I go back and read sections again and again! There is so much information in here that only a lifetime of experience and observation can give and I am so grateful that Dr Northrup chose to share her knowledge with the world!

My friend just had a baby, she found it useful!

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