



# Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science

By Claudia Welch

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Tired? Overworked? Stressed? Out of balance? Welcome to the twenty-first century, where women's stress levels have reached unprecedented heights. Between myriad responsibilities, women burn through even the energy gained from sufficient sleep and a healthy diet. The result? Hormonal havoc.

In clear, accessible language, internationally renowned doctor Claudia Welch explains hormones from A to Z, specifically how they relate to each other, how and why they become imbalanced, and how women can restore that balance. Welch includes simple diet tips, stress-management techniques, and natural sleep secrets. Using the principles of Ayurveda (popularized in the West by Deepak Chopra) and the holistic sensibility of Dr. Christiane Northrup, *Balance Your Hormones, Balance Your Life* gives women the essential tools to achieve the perfect balance between their yin (sex hormones) and yang (stress hormones), and between the body and the mind.

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## **Editorial Review**

### From Publishers Weekly

In her first full-length effort, Welch offers women a comprehensive overview of Oriental Medicine. She suggests that the root of problems faced by modern women can be found in an imbalance between sex hormones and stress hormones that results in women "of all ages" experiencing problems ranging from "painful periods, mood swings, fatigue, and insomnia to...uterine fibroids, hot flashes, heart disease and osteoporosis." Welch, a licensed massage therapist who holds a certificate from the state of New Mexico to practice Oriental Medicine and a national certificate to practice acupuncture, wisely offers a disclaimer: "this book should not be taken or construed as medical diagnosis or treatment." She breaks down hormones (the "ambassadors of Yin and Yang"), discusses serious health issues, from breast risks to dementia, and offers methods for restoring hormonal balance. While these primarily include a diet based in organic whole grains, beans, green vegetables, and soy, meditation and exercise, and the reduction of stress inducers (some of her advice will strike readers as familiar), when taken as a whole, the advice is sound. A welcome eastern addition to the women's health discussion. (Mar.)

### Review

#### **Curled Up with a Good Book**

"Loaded with good advice, spelling out simple changes that are both practical and easy to implement...For your own sake, read this book and take its lessons to heart."

#### ***Yoga International, January 2011***

"Dr. Welch brings a clear voice to the often confusing and conflicting body of information surrounding hormones and women's health...A user-friendly guide that skillfully blends Eastern therapies with Western health concerns."

#### ***Portland Book Review, 12/1/11***

"Her writing style is readable and user-friendly. Medical terms are explained. She includes easy recipes for improving diet. Issues concerning menstruation, birth control, breast and heart health, fertility, and aging are answered and Welch addresses how Eastern versus Western medicine deals with each issue. Especially helpful is Welch's analysis of Eastern spiritual practices and meditation."

#### ***Spirituality & Health, 12/22/11***

#### ***Bookviews, February 2011***

"Make a note to pick up a copy of this interesting book."

#### ***Publishers Weekly (web-exclusive), 4/4/11***

"A welcome eastern addition to the women's health discussion."

#### ***Energy Times, online, 5/13/11***

"Provide[s] a well-rounded view on an often confusing subject."

### **Tucson Citizen, 5/12/11**

“Bringing clarity to the complexities of body chemistry, this well-crafted book will help women discover the rewards and rejuvenation that come with a balanced life.”

### **San Francisco Book Review, May 2011**

“A thought-provoking look into the ways our bodies are driven, and, often, run into the ground...If you are tired of being sick, and sick of being tired this is a read in which you will find the beginnings of simple, holistic, and lasting relief.”

### **About the Author**

**Claudia Welch, MSOM**, lectures and teaches internationally on both Asian and Ayurvedic medicines, which she has studied for more than twenty-five years. She lives in Vermont, New Mexico, and Canada.

### **Users Review**

#### **From reader reviews:**

##### **Leo Rizer:**

What do you consider book? It is just for students because they are still students or the item for all people in the world, the particular best subject for that? Just you can be answered for that query above. Every person has several personality and hobby for each and every other. Don't to be obligated someone or something that they don't want do that. You must know how great and also important the book Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science. All type of book can you see on many solutions. You can look for the internet methods or other social media.

##### **Josephine McIntire:**

This book untitled Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science to be one of several books that will best seller in this year, that's because when you read this e-book you can get a lot of benefit upon it. You will easily to buy this particular book in the book retailer or you can order it through online. The publisher in this book sells the e-book too. It makes you easier to read this book, because you can read this book in your Touch screen phone. So there is no reason for you to past this reserve from your list.

##### **Micheal Mata:**

Are you kind of hectic person, only have 10 or 15 minute in your time to upgrading your mind talent or thinking skill possibly analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your small amount of time to read it because all of this time you only find e-book that need more time to be read. Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science can be your answer as it can be read by an individual who have those short spare time problems.

**Michael Mitchell:**

This Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science is brand-new way for you who has fascination to look for some information because it relief your hunger of information. Getting deeper you onto it getting knowledge more you know or perhaps you who still having little digest in reading this Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science can be the light food for yourself because the information inside this particular book is easy to get through anyone. These books develop itself in the form which can be reachable by anyone, sure I mean in the e-book type. People who think that in book form make them feel sleepy even dizzy this e-book is the answer. So there isn't any in reading a publication especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the item! Just read this e-book style for your better life and also knowledge.

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