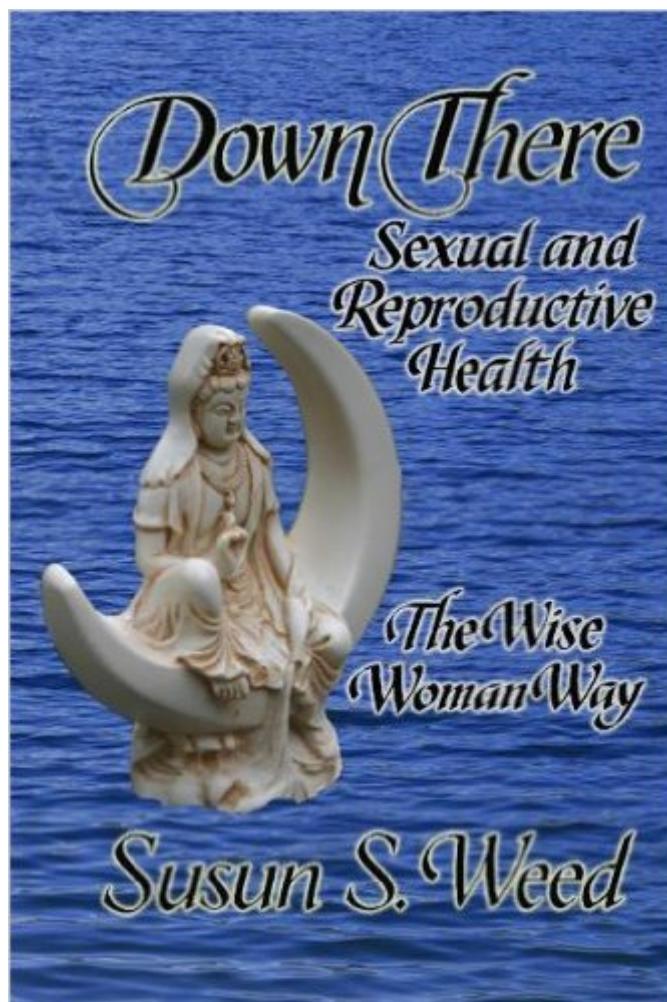


The book was found

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 Weed's newest book is a much-needed look at healing for Down There for women & men. Sexual & reproductive health can be a shady part of taking care of ourselves - a lot of painful emotions to deal with, in addition to trying to get help from doctors. I love Susun Weed's work because she's so respectful to the body's processes of healing. Her approach starts out at the tiniest level of do nothing & gather information, and moves gradually toward more invasive measures if healing is still necessary. She addresses emotions, she speaks up for the organs in our bodies so we can get to know them better, and she offers hope - no matter what sort of challenge she's talking about in each chapter. I highly recommend this book, especially if you feel frustrated with doctors, an issue that's not healing, or using pills for every solution. Thanks for your wisdom, Susun.

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.

This is one of the best guides for personal nourishment and nurturing that's come across our desk. Given that the 21st century probably provides more strains and stresses on the female mind and body than at any time in history, learning about the natural and healing treatments presented by Weed in "Down There" is an excellent investment of time and money. Although written to appeal to

women of a wide variety of ages, those entering menopause and beyond are likely the ones to be most comforted and assisted. There are also very effective exercises presented to nourish and tone the pelvic region for optimum sexual health and pleasure. There is also a section of the book devoted to men's sexual health, although we know from personal experience that women are the ones more drawn to and open to using homeopathic remedies and herbal healing. But the advice and information offered here is just as detailed and healing. The news media, advertising, the internet - sex always seems to be a dominant topic of conversation. But Susun Weed does much more than talk about it -- she provides some wonderful healing roadmaps and remedies for enjoying good sexual health as well as overall good mental and physical health.

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!

Great book, with her love of herbs shining through and a preference for healing and benign approaches rather than "break and enter" so common in medicine (though there is discussion of the latter options too). Part 1 is directed at everyone, part 2 especially for women, and part 3 especially for men (smaller than Part 2, but still a substantial section for men). Lots of useful detailed information presented in an interesting and fun way, some of it not often found e.g. slant board for BPH. Grounded and sensible as well. I agree with most of the other reviews, a very useful bible type reference to turn to, with practical experience clearly behind it.

Susun has finally written a integrative complementary health "bible" for both men and women - nearly 500 page and filled with well written and easy to comprehend advice for those seeking help for reproductive and sexual health. thank you Susun, me AND my husband are delighted and most appreciative - finally a book we can REALLY share.

All Susun Weed's books are essential reading if you are taking responsibility for your own health. With every issue she covers the gamut from doing nothing, through the alternative paths and then the conventional allopathic options, so the reader gets a real education and perspective.

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...

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