



Lismore & District Women's Health Centre Inc.

HERBAL AND NATURAL REMEDIES LIBRARY RESOURCE LIST

BOOKS

Don't Let Hormones Ruin Your Life
Dr. Sandra Cabot

Tired of Being Tired Overcoming Chronic Fatigue and Low Energy
Michael A. Schmidt

Homeopathic Medicine for Women
Trevor Smith M.D.

For Women Only: Chinese Herbal Formulas
Dr. Hong-yen Hsu

Women's Guide to Homeopathy
Dr. Andrew Locke

You Don't Have To Live With Cystitis
Dr. Larrian Gillespie

Menopause You Can Give It A Miss
Dr. Sandra Cabot

Mechanism and Management of Headache
James W. Lance

The Liver Cleansing Diet
Dr. Sandra Cabot

Migraine: What Works
Joseph Kandel M.D.

Healing With Whole Foods
Paul Pitchford

The Osteoporosis Handbook
Ben Witham

Stay on Your Feet / Information and suggestions to help prevent falls
NCAHS

Living Well With Autoimmune Disease
Mary J. Shomon

Wise Woman Herbal Childbearing Years
Susun W. Weed

Unmasking PMS
Joseph Martorano M.D.

Beat PMT Through Diet
Maryon Stewart

Foods That Conquer Cystitis
Dr. Patrick Kinsley

Hypoglycemia A Better Approach
Dr. Paavo Airola

Food Chemical Sensitivity
Robert Buist

Raw Energy
Leslie and Susannah Kenton

Quick Cooking for Diabetes
Louise Blair and Norma Mc Gough

Exercise Beats Arthritis
Valerie Sayce

Photographic Anatomy of the Human Body
Chihiro Yokochi

The Yeast Connection
William G. Crook M.D.

Understanding Your Thyroid Problems
Dr. Mark Ragg

What's Wrong With You?
Dorothy Hall

Eat Better Live Better
Readers Digest