



Natural Medicine Primer: Women's Health

Dr. Mark Fredericksen

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A great deal of mystery surrounds the female body – cramps here, lumps there, an itch, an ouch and cyclical patterns that seem to make no sense. Women are the primary users of healthcare services, but may avoid asking embarrassing questions...even if the answers could lead to simple solutions. Use this natural health primer from Dr. Mark to learn more about women-centric issues from puberty to menopause and discover natural ways to address hormonal issues and achieve better health. A preview of topics covered: PMS, heavy periods, yeast infections, birth control, pregnancy and infertility, uterine fibroids, painful intercourse, endometriosis, ovarian pain, fibrocystic breast disease, post-partum depression, cervical health, bone health, mammograms and menopause. Get to know your own body just a little bit better from the comfort of your own home with bestselling naturopathic doctor and author Dr. Mark Fredericksen.

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