

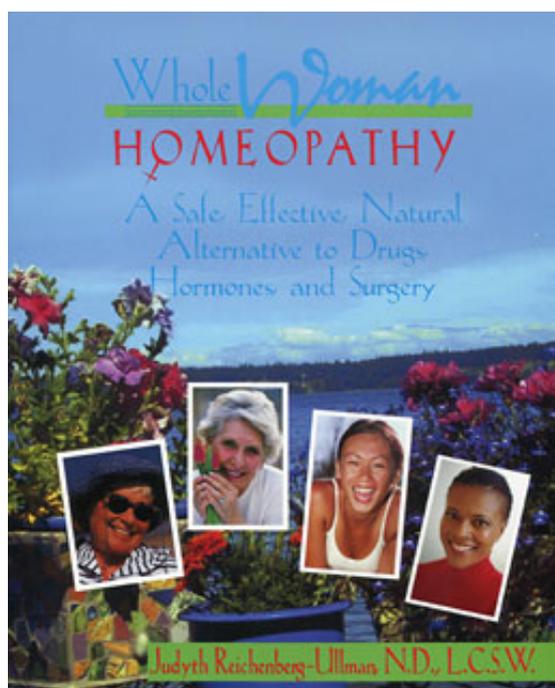
# Judyth Reichenberg-Ullman Whole Woman Homeopathy

## Leseprobe

[Whole Woman Homeopathy](#)

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# Contents

Foreword by Dr. Susan Lark vii

Acknowledgments ix Introduction:

Sharing My Story x

## PART ONE

### Homeopathy and Women: A Perfect Match

1. Healing the Whole Woman: You Are Far More Than the Sum of Your Body Parts 3
2. Drugs, Surgery, or Hormones—What Is Your Pleasure?: What Conventional Medicine Has to Offer You 9
3. Homeopathy—What It Is and How It Can Help You: A Safe and Effective Natural Approach 17
4. Why Many Women Choose Homeopathy over Conventional Medicine: Compelling Reasons to Make Homeopathy Your Medicine of Choice 28
5. How Homeopathy and Conventional Medicine Can Work Hand in Hand: A Compatible Relationship If Both Partners Are Willing 36
6. When to Treat Yourself and When You Need a Homeopath 43

## PART TWO

### Healing Yourself with Homeopathy for Acute Women's Problems

7. Taking an Acute Homeopathic Case: Knowing How to Ask the Right Questions 51

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Excerpts from Judyth Reichenberg-Ullman, N.D., L.C.S.W.,  
Whole Woman

8. Choosing the Best Homeopathic Medicine: The Closer the Match, the Better the Result 58
9. Once You Have Selected a Medicine: How, When, and How Often to Take It 61
10. Your Women's Homeopathic Self-Care Medicine Kit: Make Sure You Have the Medicines You Need 67
11. Conditions You Can Self-Treat Safely and Effectively 70

### **PART THREE**

#### **Homeopathic Care from a Professional**

12. What Every Woman Needs to Know About Homeopathic Treatment: What to Expect and What Will Be Expected of You 171
13. Conditions for Which You Need a Homeopath 181

### **PART FOUR**

#### **Materia Medica**

14. fifty Homeopathic Medicines for Women's Acute Self-Care 275

### **PART FIVE**

#### **Enhancing Your Healing**

15. Complements to Homeopathic Healing: Essential Elements of a Balanced Lifestyle 331
16. The Promise of Healing the Whole You: What If You Were Completely Healed? 336

**Appendix: Expanding Your Knowledge of Homeopathy 339**

**Notes 343**

**Glossary 345**

**Index 347**

**About the Author 355**

# Foreword

Now more than ever, women are taking an active role in their health care. A generation ago, changing doctors, finding a female physician, or getting a second opinion were almost unheard of. In sharp contrast, women today are not afraid to question their doctors' recommendations and do not hesitate to refuse what they consider to be potentially harmful drugs, surgeries, and interventions. And now the search for a quick fix is being replaced by a desire for a deeply effective, long-lasting, holistic approach to healing. With a heightened awareness of the body-mind-spirit connection, women are no longer satisfied with being treated merely as bodies, but insisting that their entire being be honored, addressed, and healed.

As a result, over the past two decades the demand for natural medicine has flourished. Various studies estimate that up to a third of the population of the United States uses some form of alternative therapy. And it is no wonder that natural medicine is so popular, especially with women who are seeking safer, more natural treatment options. Side effects are minimal compared with conventional medications. Once women learn that there are often effective, nontoxic alternatives to drugs and surgery, such as herbs, diet, homeopathy, and yoga, they open a door to a world of unlimited healing opportunities. In addition to being safe, natural medicines can be highly effective.

There are many women's conditions for which conventional medicine does not have an effective, universally acceptable, or permanent solution. Take endometriosis for example. Conventional research has not yet definitively found the cause of this problem, but the results of the orthodox treatments may be worse than the original symptoms. Standard interventions typically include one or more surgeries and suppression of ovulation by drugs that can only be used for short periods of time due to their severe side effects. Women who take these medications are thrown into a temporary state of menopause complete with hot flashes and loss of bone density. Conventional medicine offers no sure cure for PMS, miscarriages, infertility, and for breast, uterine, and, particularly, ovarian cancer. Even simple conditions like bladder

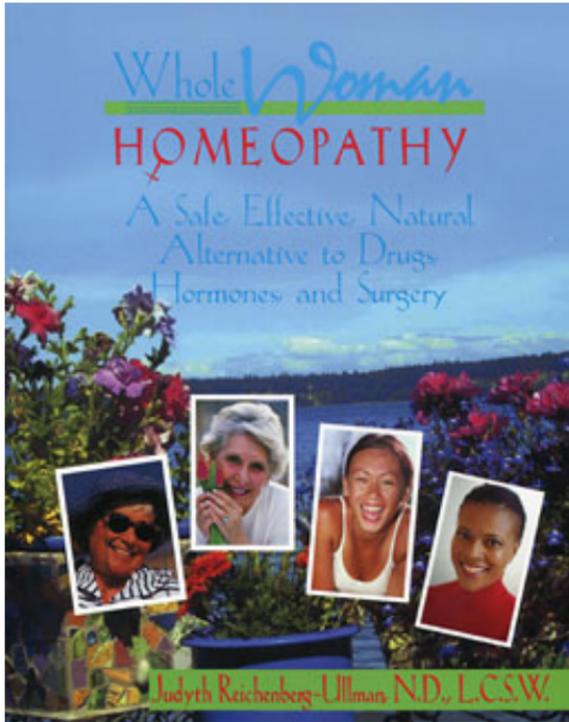
infections are treated with antibiotics rather than addressing the underlying cause in order to prevent recurrences.

This is where homeopathic medicine comes in. It is a form of healing that genuinely addresses each woman as an integrated whole. Safe and gentle, homeopathy is so effective in many cases that one dose can last for months at a time. And homeopathy is a user-friendly type of medicine—a wide number of acute conditions, including bladder infections, vaginal infections, and morning sickness, can respond beautifully and rapidly to self-treatment. More chronic conditions, such as PMS, hot flashes, and menstrual problems of all kinds, can be helped, sometimes dramatically, under the care of an experienced homeopathic physician or practitioner.

*Whole Woman Homeopathy* offers a wealth of practical information drawn from the author's sixteen years of practice as a naturopathic and homeopathic physician and her prior experience as a psychiatric social worker. Judyth Reichenberg-Ullman is one of the most well-known homeopaths in this country, treating patients from all over the United States and abroad. As a clinician, teacher, and author, she aspires to make homeopathy understandable and accessible for patients and physicians alike. You will find this book an invaluable addition to your women's health-care library. Not only does Dr. Reichenberg-Ullman provide explicit instructions on self-care for many common women's problems, but she also shares her patients' stories, in their own words, of how homeopathy has changed their lives. In addition to the comprehensive information on homeopathy, she includes specific naturopathic recommendations for diet, nutritional supplements, herbs, and lifestyle for each of the forty-five conditions covered in this book.

*Whole Woman Homeopathy* is the most comprehensive and practical book that I have seen on homeopathic care for women. I hope that many women read it, use it as a reference, share it with family and friends, and find it to be of inspiration in their own healing journeys.

Susan M. Lark, M.D.

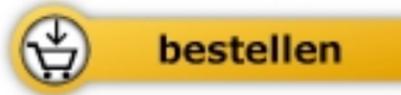


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