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## The Uterine Health Companion: A Holistic Guide to Lifelong Wellness (Paperback)

By Eve Aagee

CELESTIAL ARTS, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. The uterus is a remarkable organ—it is our first home, contributes to women's sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health-promoting strategies for organs like the heart and lungs have become common knowledge, preventative measures for lifelong uterine health have been largely absent from Western medical care. Consequently, one-third of all women in the United States will have a hysterectomy—the highest rate in the world. In *The Uterine Health Companion*, anthropologist and holistic health expert Eve Aagee reveals that women in many non-Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus. Drawing on her research with women in the United States and abroad, Aagee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS, fibroids, and endometriosis...



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