



# Women's Health and Wellness Across the Lifespan

*Ellen Olshansky*

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**Women's Health and Wellness Across the Lifespan** Ellen Olshansky

**Women's Health and Wellness Across the Lifespan** provides a fresh and comprehensive approach to women's healthcare.

Combining traditional and complementary medicine, this crucial text offers evidence-based insight on women's health and wellness. Update and enlighten your practice with relevant case histories, the latest research, and the insight of nursing experts on numerous wellness topics. This invaluable text offers the insights you need to respond to patients' individual concern and problems more effectively, promoting optimal wellness at every stage of your patients' lives.

Developed for Clinicians in primary care and community settings, RNs, advanced practice students and faculty working in women's health, OB/GYN, family medicine, and adult/gerontology, and for nurse midwives, this vital reference includes:

- Comprehensive, evidence-based content, crucial for promoting women's wellness and preventative care
- Combines traditional medicine with alternative approaches for balanced, effective responses that answer the concerns of today's educated patient
- Emphasizes the importance of incorporating social context, age and life experiences into health assessments
- Tables and charts clarify different forms of care and their purpose

**Women's Health and Wellness Across the Lifespan** is divided into three sections and covers

- o Introduction to women's wellness care – The holistic, lifespan approach to women's wellness; 21st century women's health care; evolution of the science and clinical specialty of women's health
- o Specific wellness issues for women across the lifespan – Issues from puberty through early adulthood, midlife, and healthy aging
- o Aids clinicians in promoting women's lifelong wellness – Special populations; body composition: exercise and nutrition; oral health; resilience; self-care: complementary therapies; herbal medicine; pharmacologic approaches to wellness and disease prevention; Pilates; healing environments; healing relationships; healthy sleep; peaceful dying

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#### **Christy Fowler:**

This book untitled Women's Health and Wellness Across the Lifespan to be one of several books that best seller in this year, this is because when you read this book you can get a lot of benefit upon it. You will easily to buy this particular book in the book retail store or you can order it by using online. The publisher of this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Cell phone. So there is no reason to you personally to past this e-book from your list.

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A lot of people always spent their own free time to vacation or go to the outside with them family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity this is look different you can read the book. It is really fun for you personally. If you enjoy the book which you read you can spent all day every day to reading a guide. The book Women's Health and Wellness Across the Lifespan it is extremely good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. Should you did not have enough space to develop this book you can buy typically the e-book. You can m0ore very easily to read this book from your smart phone. The price is not too expensive but this book has high quality.

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