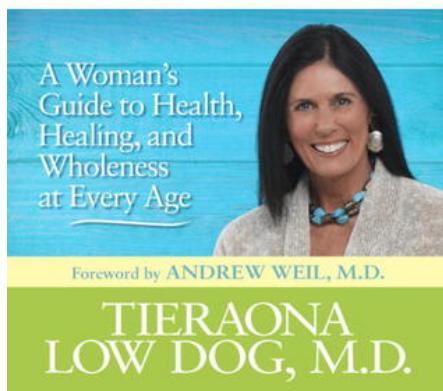


*"A gifted natural healer."* — EXPERT NAME, M.D.

# LIFE IS YOUR BEST MEDICINE



## Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age

*Tieraona Low Dog, Andrew Weil (Foreword)*

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## **Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age**

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"The division between conventional and traditional medicine is as artificial as the division between science and nature. They can be woven together in a fashion that meets our physical, emotional, and spiritual needs. This is the foundation upon which integrative medicine is built." -- Tieraona Low Dog, M.D.

In *Life Is Your Best Medicine*, Dr. Low Dog weaves together the wisdom of traditional medicine and the knowledge of modern-day medicine into an elegant message of health and self-affirmation for women of every age. This is a book that can be read cover to cover but also dipped into for inspiration or insight about a particular physical or mental health issue or remedy. We learn that, despite the widespread availability of pharmaceutical medications, advanced surgical care, and state-of-the-art medical technology, chronic illness now affects more than 50% of the American population. The evidence is overwhelmingly clear that much of the chronic disease we are confronting in the United States has its roots in the way we live our lives.

Research shows that if Americans embraced a healthier lifestyle, which includes a balance between rest and exercise; wholesome nutrition; healthy weight; positive social interactions; stress management; not smoking; limited alcohol use; and no or limited exposure to toxic chemicals; then 93% of diabetes, 81% of heart attacks, 50% of strokes, and 36% of all cancers could be prevented! This means that each one of us has the power to shift the odds of being healthy in our favor. And if you do get sick, being fit gives you a much better chance for getting well. Your health has a great deal more to do with your lifestyle and a lot less to do with taking prescription drugs than most people realize.

Part I. The Medicine of My Life is a personal and passionate introduction to the book

Part II. Honoring the Body includes Food, Supplements, Illness, Wholeness

Part III. Awakening the Senses includes Nature, Garden, Music

Part IV. Listening to Spirit includes Humor, Relationships, Play, Meditation, Animals

Epilogue. Contentment

## **Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age Details**

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## **From Reader Review Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age for online ebook**

### **Emily says**

This book is very simply and cleanly written; it is full of useful tips and information for living a healthy life. Yet, this is one of the best books I've read on health and wellbeing because it is much more than that. It is a book to change your perspective on life and wellbeing.

The thing that makes this book so valuable is Dr. Low Dog's life story and her personal experiences. It places everything she says about health into the context of a life. Health is not a set of rules to follow but a whole and abundant life. Dr. Low Dog makes so clear that sickness and stress are not necessarily failure to follow health rules, but rather they show us how we've allowed our lives to become disjointed and they teach us how to reset our priorities.

A very encouraging read for those suffering with an illness and inspiring for those who want to learn the art of healing.

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### **Suzanne says**

I am honored to know and have studied under Dr. Low Dog at the University of Arizona. This book is an excellent summary of the premises of Integrative Medicine. I love the "prescription" sections where she gives specific book and other recommendations. I have been and will continue recommending this book to all my highly motivated patients who are enthusiastically and successfully taking control of their health.

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### **Angela Gentile says**

Great book from an integrative physician with lots of easy-to-apply tips for a healthy mind and body. I especially like her personal stories and anecdotes from her Lakota heritage. I appreciate the aboriginal teachings and way of life. I love the last chapter on contentment. A good and easy read with lots of true-to-life examples and references for further exploration.

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### **Annie Sem says**

Dr. Low Dog reminds women (and men) of the importance of nutrition, rest, resiliency, and social interaction to quality of life. She gives practical advice that may appeal to a significant number of people. One of my biggest concerns, however, is that she advocates the consumption of meat and dairy which is not terribly beneficial to health.

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### **Edie Luther says**

Dr. Low Dog knows integrative medicine, she knows her herbs and nutrition. I wish she could be my physician. I like when she said someone in her audience said she dressed like Cher so she went out and bought some black suits, or something to that effect. My only complaint is that she seems almost too perfect. She is where I would like to be in my life.

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### **Kanchana Bandara-Coore says**

I bought this book when I attended a Nutrition and Health conference put on by the Arizona Centre for Integrative medicine. It was a combination of autobiography and "how to" manual which is chockful of useful advice for healthy living, with loads of references for those who want to see the original sources for the information. The book took me a while to read because I deliberately slowed down to fully absorb the "how to" aspects. Although the title suggests it is for women, there is good advice for all folks. The style of writing though is probably more appealing to women than men.

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### **Lindsey says**

This book is a culmination of different essential oils to use, teas to drink, vitamins to help with many things and how to know which are the best and how important mental well being really is. The importance of omega 3 vitamins is interesting as well as the fact that loneliness has detrimental effects on the body. Her story is very interesting and a great audiobook!

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### **Carol says**

This is both a reference type book and a narrative of the author's life experiences that are teaching moments. Low Dog's credentials are impressive yet her style of writing is friendly and easy to relate to. This book is divided into 5 sections: Part I, The Medicine of My Life, Part II, Honoring the Body, Part III, Awakening the Senses, Part IV, Listening to Spirit, and Epilogue, Contentment.

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### **Rachel says**

This book skims the surface of all these dimensions for living your healthiest life. I appreciate the heartfelt advice and need the reminders. It's not in-depth, not a textbook. It's just a rounded book of what I already know to be true.

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### **Julieb says**

Good source of common sense resolutions for women's health issues. Lots of links to further information.

Recommend this book.

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### **Kelly Wong says**

A quick read! Dr. Low Dog delivers helpful hints to feeling better, healthier, whole and more authentic. She adds helpful chapter summaries so you can apply her suggestions easily.

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### **Denise says**

Great book by a great woman! Tieraona Low Dog taught a class I attended for Women in Leadership about 5 years ago and she made an extremely powerful impact on my understanding of good nutrition and how to take care of myself. This book was a great reminder of many of her key messages. This book focused on how to take care of yourself physically, mentally, emotionally and spiritually and has a lot of great examples of practical applications. As a plus, this is a very easy and quick read.

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### **Laurie says**

I loved reading about the author's life and how she became a doctor.  
Her advice was practical and informative.

I was fascinated with her knowledge of medicinal herbs.

I copied the information about which fruits and vegetables it is essential to buy organic (the dirty dozen) and which fish are the most safe and put it on my refrigerator.

A lot of what she shares is common sense, but it still helps to read it.

I wish I lived in Arizona so I could visit this Integrative Health Clinic where she works with Dr. Andrew Weil.

I recommend this book for all people, not just women.

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### **Sudha says**

I absolutely loved this book!!! I have a passion for health and loved the insights this doctor had to better take care of yourself both emotionally and physically. She gave health tips and discussed them in a simple way that the general public could understand. Would highly recommend it to all women who want to take steps to take care of themselves.

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## **Christina says**

I thoroughly enjoyed Life is Your Best Medicine by Dr. Low Dog. The book is a helpful guide for women about living a healthier life.

Low Dog has a very interesting background and worked as an herbalist, mid-wife, massage therapist, and finally a doctor. She combines these different points of view with well researched health data that includes a variety of topics. Unlike some books and authors who push some kind of strange new age approach to healing, as a doctor, Low Dog does a great job combining alternative medical approaches with western medical science and research. There is certainly a place for both and Low Dog does a good job marrying them in a useable and helpful way.

I loved the sections on herbs and the five senses. I highly recommend reading those parts if you are pressed for time and want to skip the rest of the book.

A few of her tips are a little goofy. But, she is speaking to a wide audience who has different levels of health and the practice of healthy behavior.

Some of the data she offers on health studies is flooring... Video game violence, city vs. country walks, on and on.

Well worth a skim, or a full on study.

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