

# Women's Health: A Guide to Wellness



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As women search for ways to optimize their health, they must sift through an enormous amount of recommendations advertised in both conventional and complementary medicine. What is your personal health IQ? So you know ways to reduce your risk of heart disease, breast cancer, and osteoporosis? Are bio-identical hormones safe and do natural supplements for menopause work? Dr. Low Dog presents the most current scientific evidence to give yourself an edge in life with humor and great stories, as she shares strategies for traveling through "Seasons of a Woman's Life".

This 3 hour video (approx.) was recorded live and includes Dr. Low Dog, her full color PowerPoint presentation (116 slides), and audio. Price: \$59.99

## Topics Include:

1. Spring & Summer – Raising healthy girls. Strategies to survive and thrive through puberty. Managing PMS and migraines. How to be prepare for pregnancy, birth, and raising children.
2. Fall – Transitioning through menopause. Explore your Options. Learn how to reduce your risk of heart disease, what tests you should insist upon and which supplements and dietary approaches really work.
3. Winter – It's time to sort through fact and fiction regarding osteoporosis as only Dr. Low Dog can do. Learn how you can determine your risk and what you can do to protect your bones. Find out how you can enhance resiliency and nurture your spirit.

Each subject is covered with a critical look at the evidence. Complete with references to the scientific studies that Dr. Low Dog bases her understanding upon.