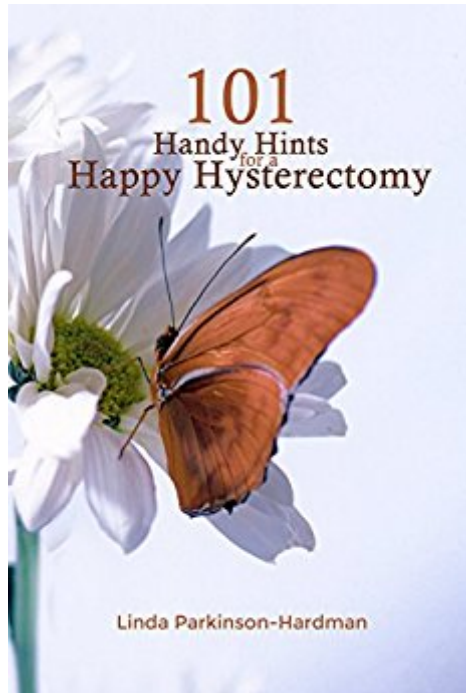




Ebook Directory
the best source of ebook

The book was found

101 Handy Hints For A Happy Hysterectomy



Synopsis

The latest 2017 edition of this invaluable book has been completely revised and updated providing all the essential information, support and advice that will help to make your hysterectomy a happy one. Full of really useful information such as: advice and suggestions to help make your recovery quicker and easier practical tips to help you cope with each stage of recovery when to think about driving, flying and getting back to work what you should, and shouldn't be doing at any given time fantastic, healthy recipes for healing the body and managing the menopause complementary therapies, supplements and remedies you can try which have been shown to help your body heal itself what you can do to help ensure your long term health There is even more information on deciding whether to take HRT or not; if you should have your ovaries and cervix removed; the various exercises you can do at different stages; dealing with the more embarrassing aspects of surgery like painful wind; coping with the boredom of recovery and generally getting your life back to normal.

Book Information

File Size: 729 KB

Print Length: 103 pages

Publisher: The Hysterectomy Association; 5 edition (July 3, 2017)

Publication Date: July 3, 2017

Sold by:Â Digital Services LLC

Language: English

ASIN: B073G8TB42

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #394,813 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #85

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Obstetrics & Gynecology #384

inÂ Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology #854

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health

Customer Reviews

This book I purchased on my Kindle about 1 week prior to my hysterectomy that I am now 20 days post op. Very helpful to read certain subjects ahead of time and surely helpful (when not sleeping) to refer to now. I like this book...some may not find as helpful as I did. I am grateful to have in my library.

Some ideas in here as aspects I hadn't considered, even after all the research and reading I've done. It's a good overview of what to expect, things to do while healing and the importance of taking care of yourself. It's a quick read, and I'm glad I bought it.

Helped me understand healing after hysterectomy and gave some natural approaches to HRT. I will definitely do some of the things mentioned. Others area bit too out there!

The book has a very breezy take onto something that can be quite traumatic to the body and the psyche. If you don't take your operation too seriously, this is the book for you. But if you have cancer or some other serious illness I would not consider it very comforting, just a mere hint of what is to come.

I'm not done reading it, but so far it has been very informative. I haven't had my operation yet, so the jury is still out, but I think it will be very helpful.

You can help yourself by gathering information about what to expect. You can benefit from learning what has helped other women during recovery.

This book is so stupid. One of it's helpful hints is to write a letter to your uterus. I thought I would get some helpful hints, boy was I mistaken!

Very outdated info. Nothing of any real value information wise. In fact, probably the least helpful book on the subject.

[Download to continue reading...](#)

101 Handy Hints for a Happy Hysterectomy 101 Tips for Pipe Smokers: Handy Hints for a Cheaper, Better Smoke Ukulele Chord Dictionary: Handy Guide (Alfred Handy Guide) Mandolin Chord Dictionary: Handy Guide (Alfred Handy Guide) How to Play the Harmonica (Diatonic or Chromatic): Combines Step-by-Step Instruction with Practice Songs and Reference Information on Blues &

Rock ... (Handy Guide) (Alfred Handy Guides (Alfred)) The Handy Guide to Difficult and Irregular Greek Verbs: Aids for Readers of the Greek New Testament (The Handy Guide Series) Handy Pocket Guide to Tropical Herbs & Spices (Handy Pocket Guides) Random House Webster's Handy Grammar, Usage, and Punctuation, Second Edition (Handy Reference Series) Handy Pocket Guide to Tropical Coral Reef Fishes (Handy Pocket Guides) Handy Map of Ireland (Collins Handy Road Map) Handy Guide Johannesburg (Agfa Handy Guides) Bearing the Big H: A Hormonal Journey on the Hysterectomy Highway Not Your Mother's Hysterectomy: A Transformation in Women's Health Care Cesarean Hysterectomy; Menstrual Disorders (Clinical Obstetrics and Gynecology, Vol. 12, No. 3, September 1969) Happy, Happy, Happy: My Life and Legacy as the Duck Commander 101 Facts... Stan Lee: 101 Facts About Stan Lee You Probably Never Knew (facts 101 Book 7) Liderazgo 101 (Leadership 101): Lo que todo lider necesita saber (What Every Leader Needs to Know) (101 Series) 500 of the Most Important Health Tips You'll Ever Need: An A-Z of alternative health hints to help over 250 conditions Practical Hints on Playing the Trombone When Home Is an Anchorage: Must Have" Hints & Tips for Cruisers

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)