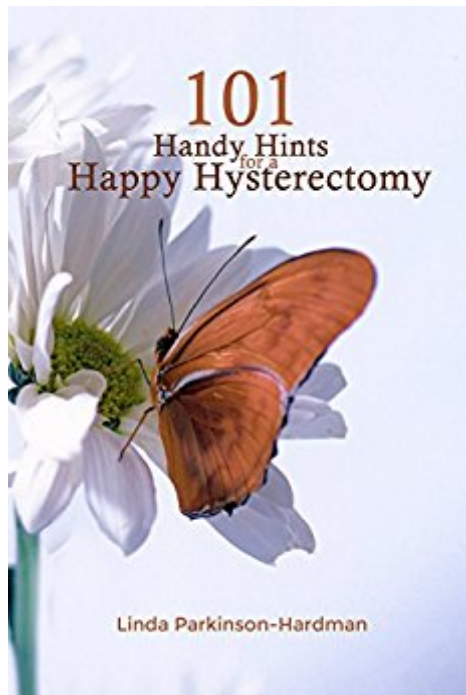




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101 Handy Hints For A Happy Hysterectomy



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:Ã 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

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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.

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