

fluid" after learning a Seattle radio host—an MD with a medical talk show—wouldn't interview her about the method because "cervical mucus" was more than he could bear to say on the air. This book clearly advocates enriching individual women's self-esteem through accurate body knowledge, and also describes the enhanced intimacy and capacity for mutual responsibility with the male partner, when observations and charting are made a shared effort. Weschler makes a convincing case for the value of this skill for teens, sparing them a lot of the confusion and fear that is a common experience for the incompletely informed adolescent. She also illustrates the value of daily observations during perimenopause, taking the guess work and stress out of that transition. These specialty topics, along with the standard information covering women's 40 or so fertile, potentially childbearing years in between, are what make this work outstanding.

Naturopathic medicine is mentioned briefly, almost neutrally, as an alternative option for infertility treatment. She is careful to steer her readers to qualified practitioners. Additionally, there is a warm acknowledgment for Rebecca Wynsome, ND who she credits as being "especially helpful in this project and providing invaluable professional expertise."

Have this book on your shelf. Recommend it freely to your patients. As another reviewer noted regarding this exquisitely detailed and comprehensible book about women's reproductive life, "How wonderful to know that control can be returned to where it belongs."

BIOGRAPHY

Nan Dunne Boggs, ND is a 1989 graduate of National College of Naturopathic Medicine. She enjoyed 13 years as a home-birth midwife and an obstetrical/neonatal nurse in Montana and Oregon prior to beginning her general, family naturopathic practice in Missoula. She continues to serve as a trouble-shooting consultant to midwives and obstetricians in western Montana.

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EDITOR'S NOTE

Any omissions to this list are regretted. Please send author, title, publisher, and publishing date of any books authored by a naturopathic physician and not on this list to:
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