

WOMEN'S HEALTH / NATURAL HEALING

"Women, especially around the time of menopause, are too often advised to have major gynecological surgery for minor conditions that can be significantly improved with natural alternatives. In *Saving the Whole Woman*, Christine Kent has made an important contribution to women's health literature by recounting her own story of unnecessary surgery and its effect upon her life. Her research of the medical information on pelvic organ prolapse and urinary incontinence is accurately and clearly presented and can serve as a warning to other women. Her critique of the lack of oversight or scientifically-based criteria for such surgery should be read by every woman and provider of women's health care."

—INA MAY GASKIN

Author, *Spiritual Midwifery* and *Ina May's Guide to Childbirth*

"Christine Kent has written a definitive book on the holistic approach to pelvic organ prolapse and urinary incontinence for women. She exposes the risks and failures of surgical therapies and gives women alternatives in managing these issues and regaining a sense of their whole beings. Thank you Christine!"

—LEE LIPSENTHAL, M.D.

President Elect, The American Board of Holistic Medicine

Know Your Body ~ Know Your Options

Millions of women suffer from a weak and damaged pelvic floor, that network of muscles and tendons supporting the "female organs." Uterine prolapse and urinary incontinence are just two of the many common conditions the medical establishment typically treats with surgical correction. But surgery often creates more problems than it solves. Women frequently end up requiring multiple major surgeries, losing control over their bodies, and suffering from chronic pain and emotional devastation.

Author Christine Kent suffered a uterine prolapse after routine gynecologic surgery. As she struggled against her doctors to save her uterus, she began a journey of healing and self-discovery that became *Saving the Whole Woman*. Impeccably researched and beautifully written, this riveting book not only exposes the medical mistreatment of women, but also offers hope, information, and support for all women as they take back control of their own bodies.



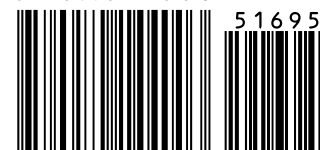
CHRISTINE ANN KENT is an author, speaker, and teacher. She holds degrees in Nursing from the University of New Mexico and in Anthropology from Northern Arizona University.

BRIDGEWORKS

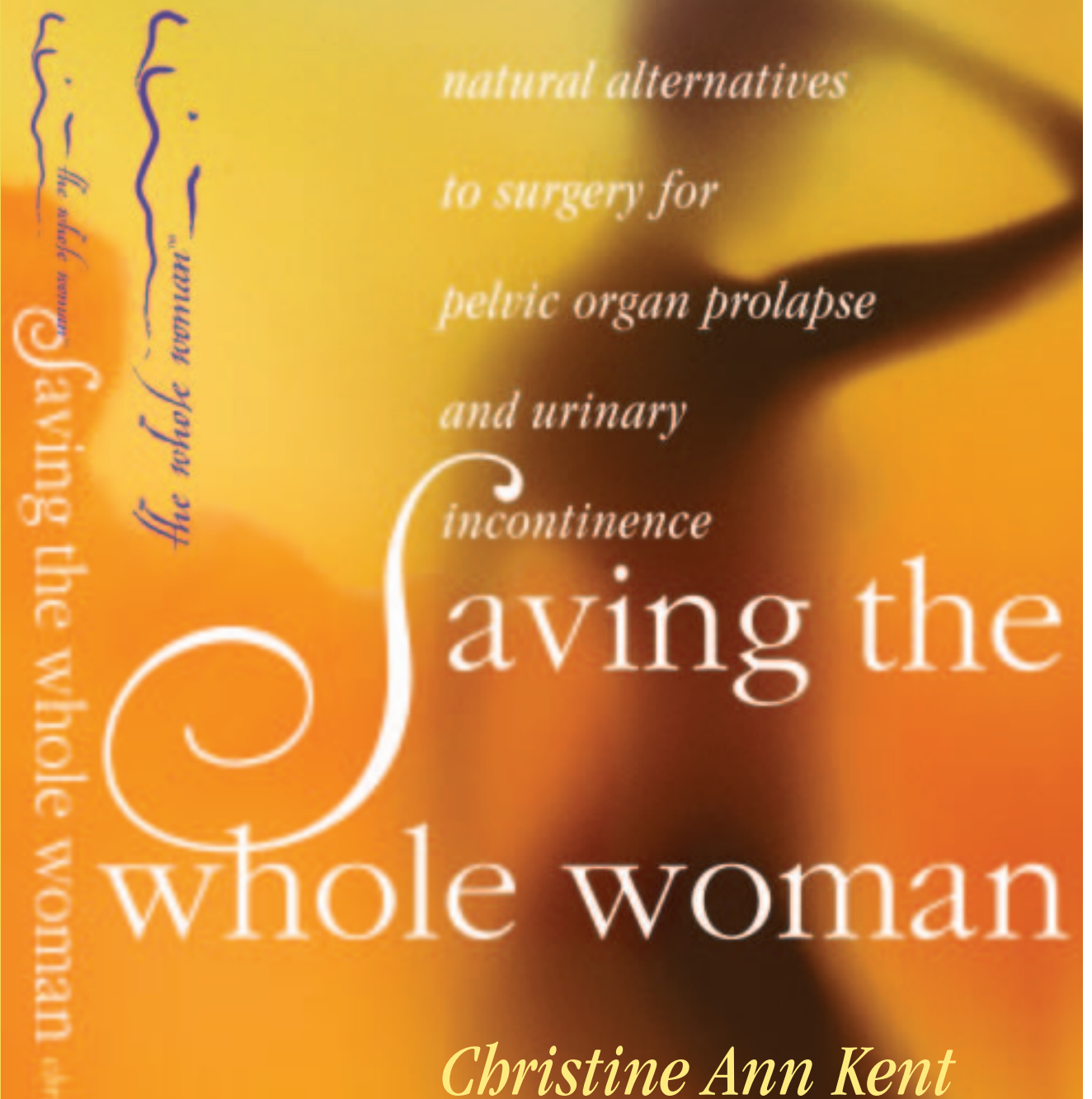
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"*Saving the Whole Woman* delves into the mysteries of the female body and the pelvic floor—and gives women the information they need to reclaim, honor, and protect the areas of our bodies that have too often been disowned and sacrificed."

—Christiane Northrup, M.D.

Author, *Women's Bodies*, *Women's Wisdom* (Bantam, 1998) and *The Wisdom of Menopause* (Bantam, 2001)