

Dr. Goldman's Book Reviews

HEALING FIBROIDS

A Doctor's Guide to a Natural Cure

By

Allan Warshowsky, M.D.

And Elena Oumano

Fireside Books, Simon and Schuster 2002

Dr. Warshowsky is a board certified Obstetrician-Gynecologist also board certified in Holistic Medicine. He is a member of the board and an examiner for the American Board of Holistic Medicine.

This guidebook suggests therapies to reduce the bleeding and pain of fibroids. He deals with diet, supplements, herbs, and exercises and some special holistic therapies involving external hot herbal compresses. He discusses the threat of environmental toxins and the effects of mental and emotional states of Fibroids and healing.

My only criticism is that Dr. Warshowsky does not use natural Progesterone in his regimen. In general, Bioidentical Hormone therapy is not yet of major import in the teaching programs of the American Board of Holistic Medicine or the American Holistic Medical Association. I have been working on changing that.

Robert P. Goldman, M.D. 1-21-2007