



**The Christian Woman's Complete Guide to
Health: Everything You Need to Know About You!
Adolescence to Menopause and Everything in
Between**

Scott Farhart, Elizabeth King

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When it comes to caring for their bodies, women want to know that the advice they get is medically sound AND in line with their values and their faith. This groundbreaking new reference offers guidance readers can trust as two Christian obstetrician/gynecologists explore the medical, psychological, emotional, and spiritual aspects of women's health. Writing the essential reference guide for Christian women of every age, Farhart and King make use of the most current research to explain everything women need to know about their bodies from puberty to menopause and beyond, including alternative therapies, diagnostic suggestions, and the latest recommendations for physical exams. Unlike some medical reference books, the tone here is reassuring, not scary, and targets the underserved Christian segment of the female population.

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