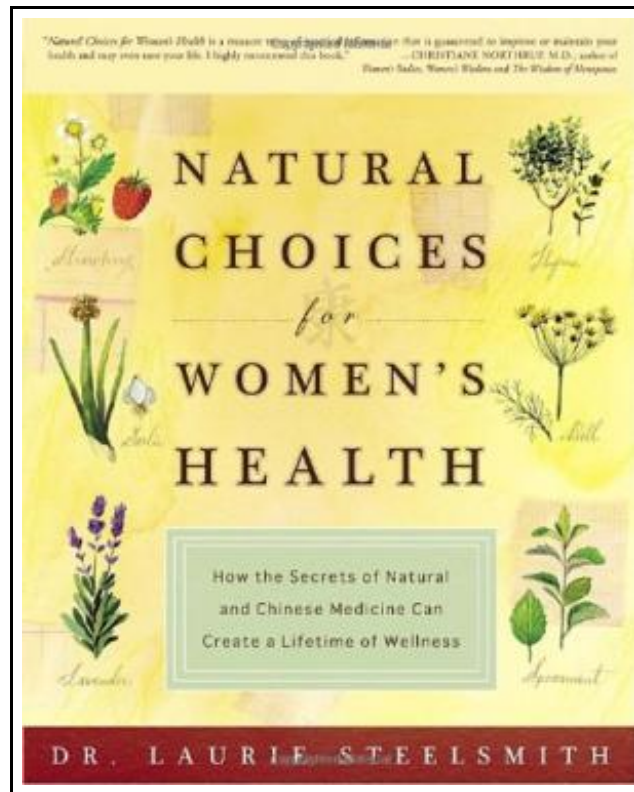


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(Rebecca Bechtelar)


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Random House USA Inc. Paperback / softback. Book Condition: new. BRAND NEW, Natural Choices for Women's Health: How the Secrets of Natural and Chinese Medicine Can Create a Lifetime of Wellness, Laurie Steelsmith, Alex Steelsmith, Are you unhappy relying on antibiotics for every illness, painkillers for menstrual cramps, and caffeine just to feel "normal"? Are you fed up with an endless cycle of colds, flus, headaches, digestive problems, and fatigue? Do you want to experience freedom from menopausal hormone fluctuations and hot flashes? "Natural Choices for Women's Health" explores these issues and many more, offering a groundbreaking resource for women who want to approach health naturally. In this completely accessible guide, Dr. Laurie Steelsmith shows for the first time how women can create a lifetime of optimal well-being by blending the extraordinary benefits of natural medicine from both the Western tradition and ancient Chinese teachings. Outlining a Naturally Healthy Lifestyle that enhances the body's own health-sustaining abilities, Steelsmith identifies ten crucial components of a woman's health--the immune system, kidneys, liver, digestive system, heart, hormones, bones, breasts, pelvis, and mental health--and provides dozens of tips to help maintain peak condition. In this resource you will discover: -How to balance your hormones with natural medicine -A list of "Best Breast Foods" and other tips to enhance your breast health -Ancient methods for increasing your libido with Chinese herbal medicine -How exercise can promote the balance of yin and yang in your body -Secrets of the Chinese Five Element system and how your personality type influences every aspect of your health Innovative, authoritative, and truly comprehensive, " Natural Choices for Women's Health" is sure to become the standard reference for women who want to attain wellness naturally.

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