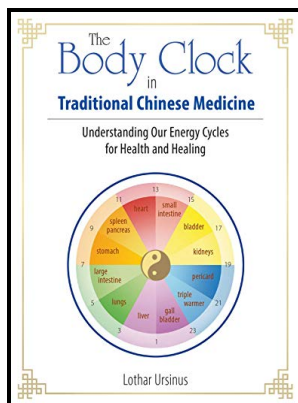


# Second spring - a guide to healthy menopause through traditional Chinese medicine

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Description: -

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Health

Czepko, Daniel, -- 1605-1660.

Medicine, Chinese.

Menopause -- Complications -- Treatment.

Menopause -- Popular works. Second spring - a guide to healthy menopause through traditional Chinese medicine

-Second spring - a guide to healthy menopause through traditional Chinese medicine

Notes: Includes bibliographical references (p. 179-181) and index.

This edition was published in 1990



Filesize: 58.310 MB

Tags: #Second #Spring #: #Dr. #Mao's #Hundreds #of #Natural #Secrets #for #Women #to #Revitalize #and #Regenerate #at #Any #Age #by #Maoshing #Ni #(2009, #Trade #Paperback) #for #sale #online

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Women Who Worry Too Much: How to Stop Worry and Anxiety from Ruining Relationships, Work, and Fun.

**The best medicine: Writing the book on healthy living**

The study proved conclusively that HRT with a common blend of estrogen and progestin, when used for more than four years, increased women's risk of breast cancer, heart disease, stroke, and blood clots.

**The best medicine: Writing the book on healthy living**

Distressing and painful symptoms may represent an underlying imbalance necessitating treatment to bring relief.

**2020 YSU INTEGRATIVE WOMEN'S HEALTH & REPRODUCTIVE MEDICINE SYMPOSIUM Tickets, Sat, Feb 22, 2020 at 9:00 AM**

Been using this book for about a month and loved all the tips, especially the acupressure, I think I am noticing some changes in the fine lines on my face. In TCM theory, a healthy baby is born with equal parts of yin and yang. Estrogen promotes the development of a woman's breasts and uterus, controls the cycle of ovulation, and affects many aspects of a woman's physical and emotional health.

**Treating Menopause Symptoms with Chinese Medicine**

The Deepest Well: Healing the long-term effects of childhood adversity.

**SECOND SPRING: Chinese Medicine for Menopause**

The Verbally Abusive Relationship: How to Recognize it and How to Respond.

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The doctor understands and expresses well some of the pressures and constraints modern women in the West and obviously some in the East are undergoing by midlife--a tonic for many women who feel not-so-well understood by patriarchal cultures and husbands and boyfriends.

## **Second Spring**

Many people practice Qigong simply because it makes them feel good, perform better, and have higher levels of energy and stamina.

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