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Women's Health: A Practical Guide to All the Stages and Ages of the Female Life Cycle

By Gillian McKeith

Michael Joseph, 2010. Taschenbuch. Book Condition: Neu. Neu Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - This latest book from holistic nutritionist Gillian McKeith is an empowering approach to womanhood - how to be happy, healthy and in control at every stage in your life. Gillian's guidance on all things female is sensitive yet constructive. Through nutrition, learn how to maximise your health potential during the key stages of your adult life, so that you can sail through puberty, glow through your pregnancy and pass through the menopause and beyond with grace and poise. Gillian outlines what to eat to boost specific areas of your health - how to raise your energy levels, get a good night's sleep or increase your chances of conception, for example - and provides simple recipes to alleviate symptoms. Divided into four sections covering each key life stage, Gillian explains how to take control of your hormones so you can manage all the changes your body is going through. At the end of each, she addresses common ailments you may experience, with advice on how best to avoid them and how to ease complaints. Gillian helps you prepare for the...



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