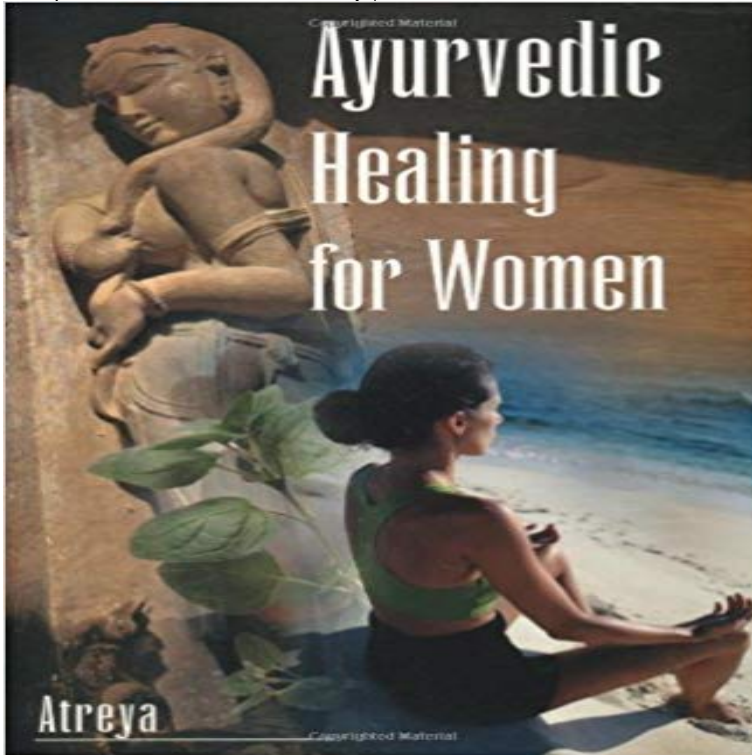


## Ayurvedic Healing for Women



Ayurveda, the oldest continually practiced medical system in the world, has always had a special branch of medicine just for women and offers unique understanding of female anatomy--one that encompasses not only the physical and energetic body, but the emotions, the mind, and the spirit. Written for women who want to find their own solutions to their health issues, Ayurvedic Healing for Women addresses the need to treat the root cause of feminine problems. It rejects the notion that discomfort, pain, and emotional swings are normal to a woman's life. With this self-help guide, you'll learn how to devise a treatment plan that is right for your unique constitution--how to use dietary changes and herbal supplements to treat PMS, mitigate premenopausal symptoms, prevent osteoporosis, and reverse many other ailments. Also included is an impressive treatment section that details dozens of Ayurvedic formulas using herbs common to North America and Europe. If you are looking for alternatives to Western medicine and are ready to get proactive about your own health, this is the book for you!

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