Life is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age



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Reviews

This ebook is wonderful. It generally fails to price too much. Your lifestyle period will be transform as soon as you comprehensive reading this ebook. (Otho Bergstrom)

LIFE IS YOUR BEST MEDICINE: A WOMAN'S GUIDE TO HEALTH, HEALING, AND WHOLENESS AT EVERY AGE



National Geographic Society. Paperback. Book Condition: new. BRAND NEW, Life is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age, Tieraona Low Dog, This science-based, inspiring book imparts the wisdom of a charismatic integrative doctor whose advice for creating health, healing, and wholeness at all stages of a woman's life is tried and true. Everything you do and every choice you make can have a positive and profound impact on your health and well-being. In fact, the science is irrefutable: No drug on the market today can come close to the power of a healthy lifestyle in preventing disease and improving the quality of our lives. Building on this evidence and on her own personal experiences as a medical doctor and holistic healer, Tieraona Low Dog guides women through nearly every facet of their lives, with practical advice and hands-on recommendations for improving their health based on traditional practices and cutting-edge science. From stress-reducing exercises and re-energising with sleep to the power of forgiveness, nature, and social connectivity, Dr. Low Dog shows how nearly every aspect of your life forms the medicine you need to thrive.

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