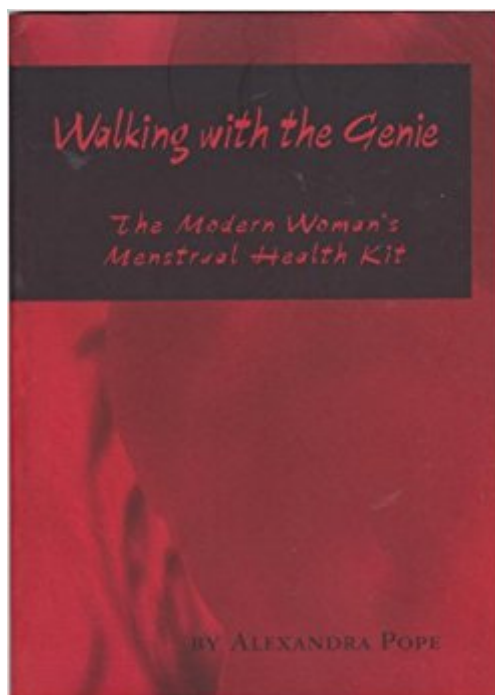


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Walking With The Genie: The Modern Woman's Menstrual Health Kit



Synopsis

This book is your complete natural health care guide to menstrual well-being. Full of practical and empowering strategies, you will learn about: deepening body awareness, the psychological and spiritual strengths of the menstrual cycle, wise use of your energy and time, making sense of the premenstrual disturbance, ways for healing PMS, pain, endometriosis, fibroids etc, detailed dietary and environmental information and other healing practices.

Book Information

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