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

Paperback: 72 pages
Publisher: Alexandra Pope (2001)
Language: English
ISBN-10: 0957961405
Average Customer Review: Be the first to review this item
Best Sellers Rank: #15,950,608 in Books (See Top 100 in Books) #90 in Books > Health, Fitness & Dieting > Women's Health > Menstruation #1559 in Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #23295 in Books > Sports & Outdoors > Hiking & Camping

Download to continue reading...

Walking with the Genie: The Modern Woman's Menstrual Health Kit

Walking Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS

Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS

The Genie Within: Your Subconscious Mind - How It Works and How to Use It

A woman's book of choices : abortion, menstrual extraction, RU-486

Rebecca Chalker and Carol Downer ; illustrations by Suzann Gage


How to Cope with Menstrual Problems-A Wholistic Approach: You don't have to live with them anymore


The Walking Dead Book 11 (Walking Dead (12 Stories)) Constructing Walking Jazz Bass Lines - Walking Bass lines : Rhythm changes in 12 keys Bass tab edition

How to Start a Dog Walking Business: An Entrepreneur's Guide to Starting a Successful Dog Walking or Pet Sitting Business

ARE YOU RIGHT WITH GOD?: Discover how to be saved and right with God is not as hard as you think! (Walking With God, Walking With Jesus Book 1) The Walking Dead Volume 23: Whispers Into Screams (Walking Dead Tp)