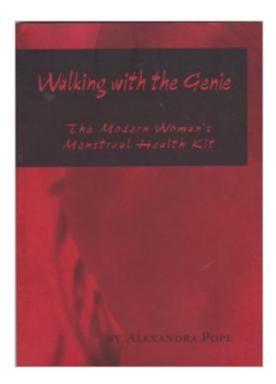
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## Walking With The Genie: The Modern Woman's Menstrual Health Kit





## 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**

Paperback: 72 pages Publisher: Alexandra Pope (2001) Language: English ISBN-10: 0957961405 ISBN-13: 978-0957961401 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...

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