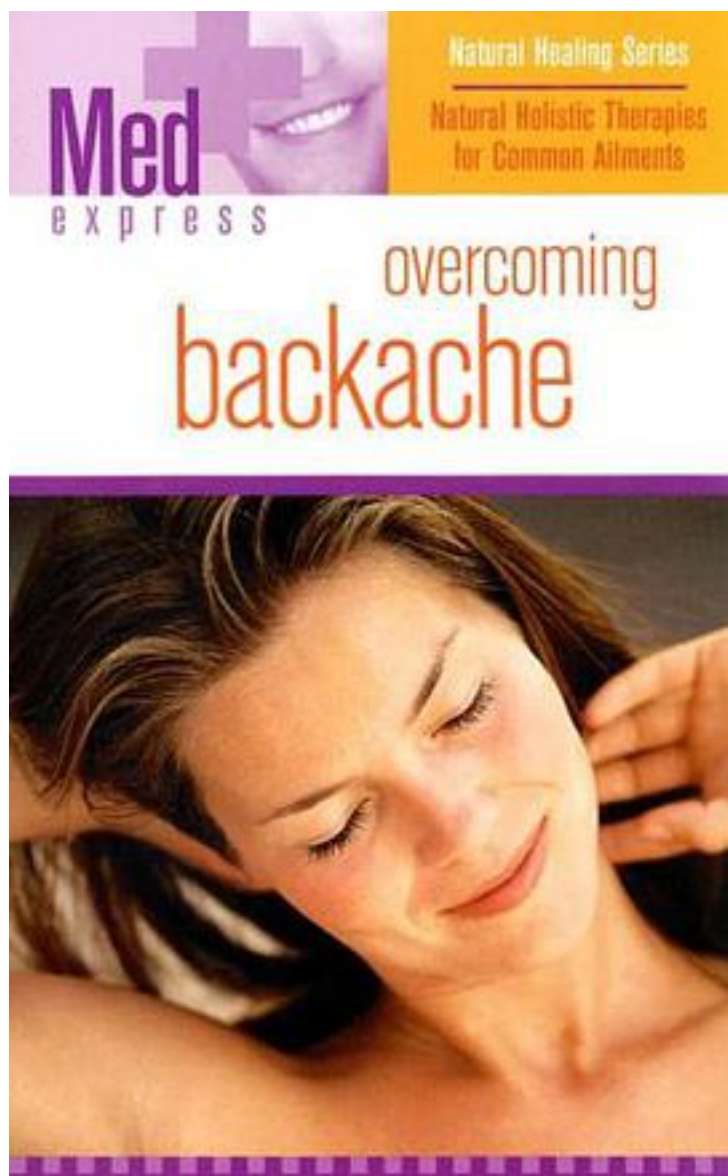


# Med Express



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著者:

出版者:

出版时间:2005-11

装帧:

isbn:9781582799612

# Book Description

## Overcoming Female Discomforts

Many feminine discomforts from premenstrual syndrome to discomforts during pregnancy or menopause can be improved effectively with holistic complementary therapies. In this book we provide a useful guide to effective, natural techniques:

- \* techniques for immediate relaxation
- \* exercises for every stage of a woman’ s life
- \* harmonizing yoga
- \* reflexology for feminine problems
- \* hydrotherapy and other revitalizing techniques
- \* calming medicinal herbs and plants
- \* foods to help you feel better

This book is essential for every woman’ s night stand. Includes beautifully color photo illustrated instructions that show you in detail every technique included.

作者介绍:

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