

The Venus Week

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THE VENUS WEEK

*discover the powerful secret of
your cycle...at any age*



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A breakthrough women's health book: the surprising secrets of managing your weekly hormonal changes to your best advantage. All women have it, but may never have thought about it--it's the one week of the month when you feel great about yourself, more attractive, focused, and receptive to others. Your hair shines; your skin glows. But why does this happen? And why do we often feel so out of balance the rest of the month? Leading gynecologist Dr. Rebecca Booth created the Venus Week metaphor to help her patients better understand what influences the constant physical, emotional, and sexual changes they feel. Now, in *The Venus Week*, she reveals the surprising ways you can manage your body's weekly hormonal shifts to your best advantage, no matter what your age or stage in life. You'll discover how to: - Find your Venus Week and maximize its positive effects

- Improve your chances of achieving--or avoiding--pregnancy
- Increase your energy and boost your libido
- Lessen the effects of the Minerva Phase: acne, irritability, weight gain and mood swings
- Manage common "Venus Interrupters" like stress, insulin resistance, and health conditions
- Ease the changes of perimenopause and menopause Knowing the secret of *The Venus Week* can help you feel less at the mercy of your hormones and more in control. You'll learn how these variations affect your body, your relationships, and your life in general, from your early twenties through menopause and beyond. Combining cutting-edge medical information with a diet, beauty, and lifestyle plan, *The Venus Week* helps you channel that look-good, feel-good phenomenon and make it work for you--not only during those few days, but all month long.

作者介绍:

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标签

评论

又是本假书，反正就是良好生活习惯，合理supplements，有一点没见过就是护肤成分phytoestrogen

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书评

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