

# Chill Out and Get Healthy



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A no-nonsense, tell-it-like-it-is guide for women who need to get a grip on their health-now!

Aimee Raupp, a practitioner of traditional Oriental medicine, provides women with the tools to stress less, look their best, prevent disease, and live more comfortable, harmonious lives-by living clean. Raupp's enthusiasm, sassy tone, and probing questions will motivate women toward ultimate fulfillment and show them how to discard unhealthy habits and become strong and sexy for life. Women will learn how to:

- nourish the body and soul
- decrease general anxiety
- manage overwhelming stressors
- maintain and improve fertility factors
- fight the perils of aging
- sleep better
- and live sensibly and organically in this pre-packaged and overly medicated world

Direct and irreverent, Raupp's book encourages today's women to not believe the hype-and to take charge of their own health.

作者介绍:

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