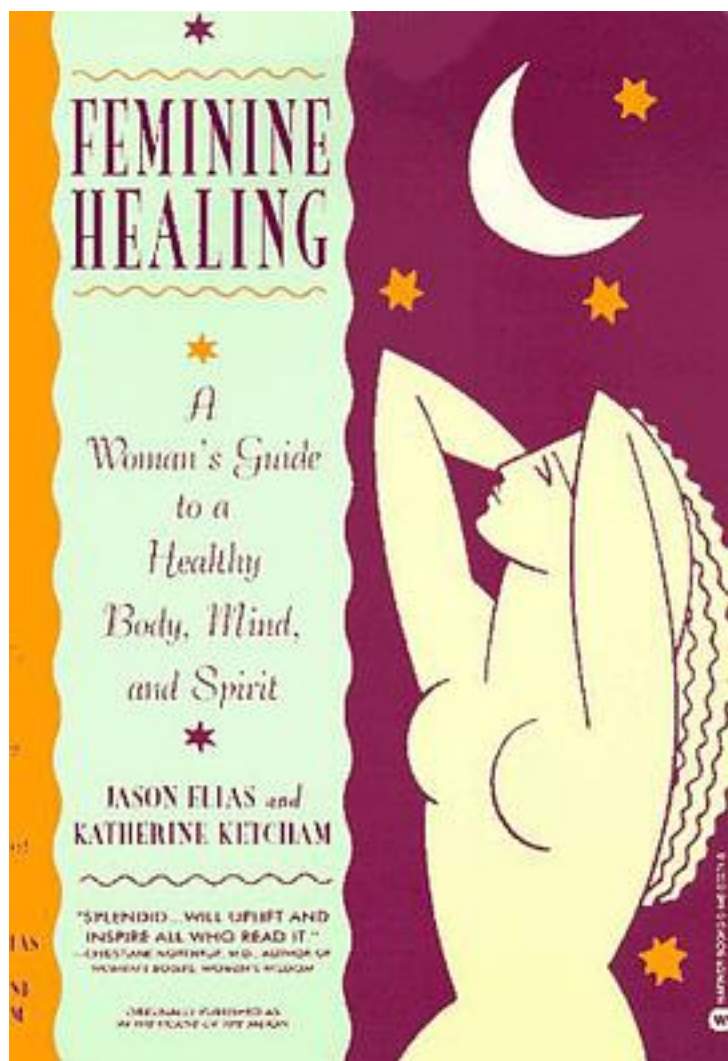


Feminine Healing



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著者:Jason Elias

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A unique handbook that combines practical recommendations for specific health problems wiht parables, folklore, and ancient wisdom about the potency of the feminine spirit. Organized by the stages of a woman's life, it offers both the Western and Chinese interpretations and therapies for common health concern as well as details on proven complementary treatments. Here is the information on suplements, exercise, diet, herbal remedies, Chinese patent remedies, acupuncture points, and mental exercises to stimulate the mind/body/spirit/connection---everything you need to know to embrace a truly comprehensive course of healing.

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