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## 7 Times a Woman: Ancient Wisdom on Health and Beauty for Every Stage of Your Life (Paperback)

By Lia G Andrews, Dr Lia G Andrews

Alcyone Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Practical Reference Guide on Women s Health in Traditional Chinese Medicine Get your copy and learn how to understand your cycles and transform your life! 7 Times a Woman is the product of a 20 year personal and clinical journey in understanding and balancing women s cycles. It began with Dr. Andrews personal health challenges which led her to become an acupuncturist and open her own clinic where she has helped many women heal from hormonal imbalances. 7 Times a Woman is a reference book for women s health, covering daily, monthly, yearly, and 7 year cycle care to increase beauty and vitality. It educates women on the topics of conception, childhood, menstruation, postpartum, menopause, detoxification, rejuvenation, Daoist sexual cultivation, Inner Alchemy, and senior care. 7 Times a Woman includes over 50 meditations, qigong exercises, and practices and over 70 recipes and herbal formulas women can use to transform themselves. For lay women, 7 Times a Woman will show you how to look and feel your best at every age: Stay juicy and vital after menopause Keep your figure and your...



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