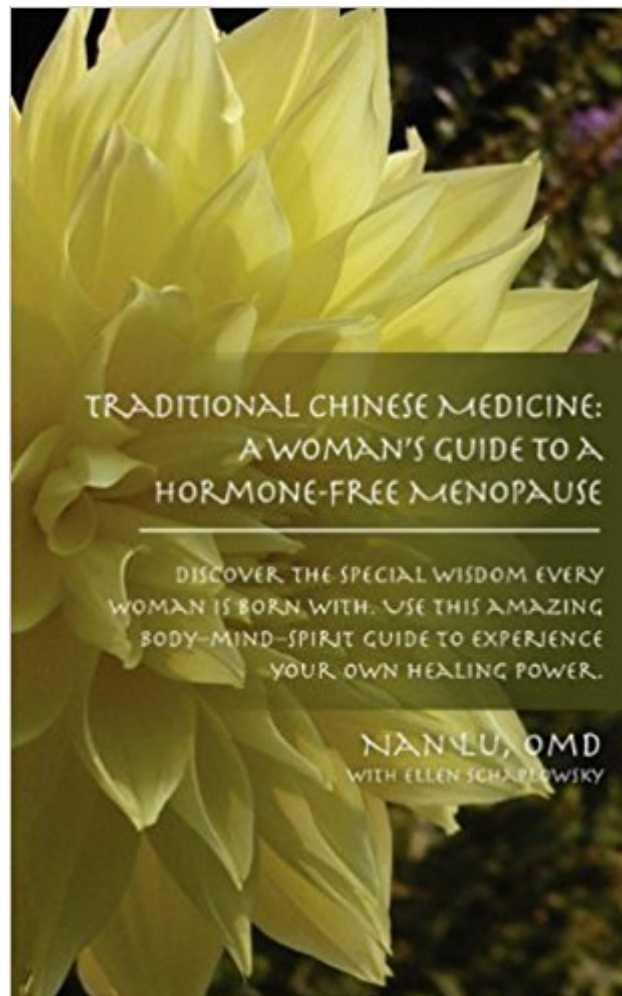




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Traditional Chinese Medicine: A Woman's Guide To A Hormone-Free Menopause



Synopsis

Format Paperback Subject Health Fitness Women s Health Publisher TCM WORLD FOUND

Book Information

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Customer Reviews

Format Paperback Subject Health Fitness Women s Health Publisher TCM WORLD FOUND

Wow..this book is amazing. Amazing! I've read only the introduction (twice!) and skimmed through the rest and it is so jam packed with information that is common sense and easy to read...I can't wait to take my hi-liter and sit and read each chapter thoroughly. I am 49 and have just started learning Tai Chi and Chi Gong and have a whole new appreciation for these activities. Whereas before I was dreading the big M years, now I am not scared of it at all. In fact, I'm almost excited about it. Much more relaxed about it, anyway. Menopause doesn't have to be hell on earth. I don't have to be afraid of it? Wow, this book has revolutionized my outlook on aging. If you want another perspective on going through menopause I highly recommend this book.

Fantastic book...already helping my symptoms in the first 10 pages. If only more MD's would read it....

I think this book has great ideas on developing health management and regaining optimum health. It is clear and concise and helps you work through minor symptoms of menopause. I will also

recommend it to younger women to help them prior to transformation. I think it is a must read for all women at every stage of their life.

Dr. Nan Lu and his programs are incredible If you are looking to heal your internal self and enjoy doing it this is for you.

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