



## The Natural Health Bible for Women (Paperback)

By Marilyn Glenville

Watkins Media, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. The Natural Health Bible for Women is the essential illustrated natural health resource for all women, everywhere. With unprecedented clarity and authority, it shows how women can use nutrition, lifestyle and natural therapies to keep themselves fit and well. Part One: Introducing Your Body gives a detailed analysis of how a woman s body works and what makes it unique, and then covers essential information on the roles of nutrition, lifestyle and natural therapies in optimising their health. Parts Two, Three and Four are dedicated to women s ailments and problems - what they are, why they happen and how to tackle them using conventional medicine and complementary treatments, including herbal remedies, aromatherapy, homeopathy, massage and nutrition. This central part of the book is divided into general body systems, conception, pregnancy and birth, and the menopause. Part Five: Optimum Health Care looks at what women can do to maximise their general health and well-being. The Natural Health Bible for Women is a one-stop encyclopedia of women s health, providing all the answers to the questions that women commonly (or occasionally) ask about their bodies and physiology...



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