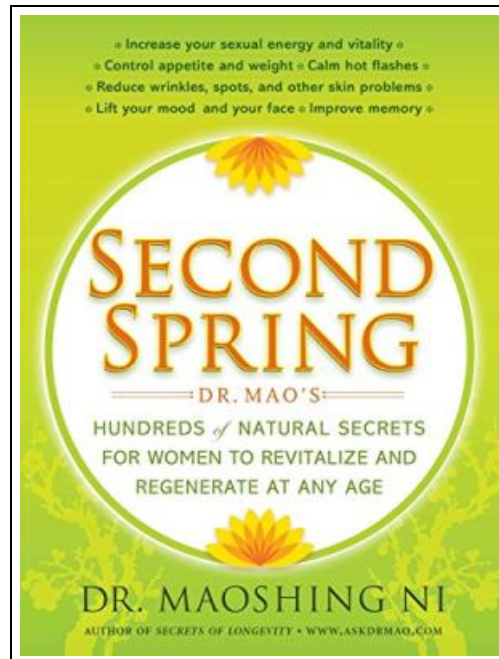


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SIMON SCHUSTER, United States, 2009. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Bestselling author of The Secrets of Longevity, Chinese medicine expert Dr. Mao completely reenvisions the mind-body changes of perimenopause and menopause for women age thirty-five and up, using completely natural treatments. The Chinese refer to a woman s midlife transition as her Second Spring. Thanks to the simple, natural techniques of traditional Chinese medicine, the second half of a woman s life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao s revolutionary Second Spring(TM) program gives you time-tested, completely natural treatments to enhance energy, sexuality, and health--and initiate your own new season of vitality starting at age thirty-five, through premenopause, menopause, and beyond. Dr. Mao--Yahoo! s favorite natural health expert and author of the bestselling Secrets of Longevity--offers proven natural solutions such as a surgery-free face-lift, Chinese herbs that fight memory loss, traditional remedies that improve libido and sex, and foods that keep your specific body type in peak form (they re not the same for everyone!). His safe, natural practices, outlined in more than 200 tips, can eliminate the need for expensive medicines and artificial hormones. This amazing compendium of traditional wisdom is also enjoyable to read. With chapters on topics like weight, energy, brain power, beauty, and sexual health, Second Spring allows you to target your concerns right away. At the end you ll find handy, at-a-glance lists addressing women s most common ailments. Second Spring, inspired by Dr. Mao s own mother s remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong,...



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