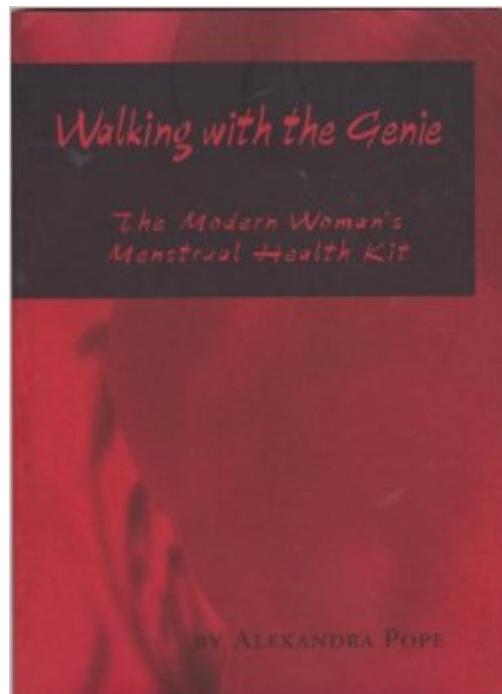


The book was found

Walking With The Genie: The Modern Woman's Menstrual Health Kit



Synopsis

This book is your complete natural health care guide to menstrual well-being. Full of practical and empowering strategies, you will learn about: deepening body awareness, the psychological and spiritual strengths of the menstrual cycle, wise use of your energy and time, making sense of the premenstrual disturbance, ways for healing PMS, pain, endometriosis, fibroids etc, detailed dietary and environmental information and other healing practices.

Book Information

Paperback: 72 pages

Publisher: Alexandra Pope (2001)

Language: English

ISBN-10: 0957961405

ISBN-13: 978-0957961401

Average Customer Review: Be the first to review this item

Best Sellers Rank: #15,950,608 in Books (See Top 100 in Books) #90 in Books > Health, Fitness & Dieting > Women's Health > Menstruation #1559 in Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #23295 in Books > Sports & Outdoors > Hiking & Camping

[Download to continue reading...](#)

Walking with the Genie: The Modern Woman's Menstrual Health Kit Menstrual Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS The Genie Within: Your Subconscious Mind - How It Works and How to Use It A woman's book of choices : abortion, menstrual extraction, RU-486 / Rebecca Chalker and Carol Downter ; illustrations by Suzann Gage Red Moon: Understanding and Using the Gifts of the Menstrual Cycle (Women's health & parenting) by Gray, Miranda (1994) Paperback How to Cope with Menstrual Problems-A Wholistic Approach: You don't have to live with them anymore [A Good Health Guide] Constructing Walking Jazz Bass Lines, Book 1: Walking Bass Lines- The Blues in 12 Keys Upright Bass and Electric Bass Method The Walking Dead Book 11 (Walking Dead (12 Stories)) Constructing Walking Jazz Bass Lines - Walking Bass lines : Rhythm changes in 12 keys Bass tab edition How to Start a Dog Walking Business: An Entrepreneur's Guide to Starting a Successful Dog Walking or Pet Sitting Business ARE YOU RIGHT WITH GOD?: Discover how to be saved and right with God is not as hard as you think! (Walking With God, Walking With Jesus Book 1) The Walking Dead Volume 23: Whispers Into Screams (Walking Dead Tp) The Walking

Dead Book 12 (Walking Dead (12 Stories)) The Walking Dead Volume 24: Life and Death (Walking Dead Tp) Breast Cancer? Breast Health!: The Wise Woman Way (Wise Woman Herbal) Modern Nutrition in Health and Disease (Modern Nutrition in Health & Disease (Shils)) Ultimate Origami for Beginners Kit: The Perfect Kit for Beginners-Everything you Need is in This Box! [Origami Book, DVD, 62 Papers, 19 Projects] Calligraphy Kit: A complete kit for beginners My First Origami Kit: [Origami Kit with Book, 60 Papers, 150 Stickers, 20 Projects]

[Dmca](#)