



Ayurvedic Healing for Women: Herbal Gynecology

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Written for women who want to find their own solutions to their health issues, it addresses the need to treat the cause of feminine problems. It rejects the notion that discomfort, pain and emotional swings are normal to a woman's life. With this self-help guide, you'll learn how to devise a treatment plan that is right for your constitution and to use dietary changes and supplements to treat and reverse many ailments.

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