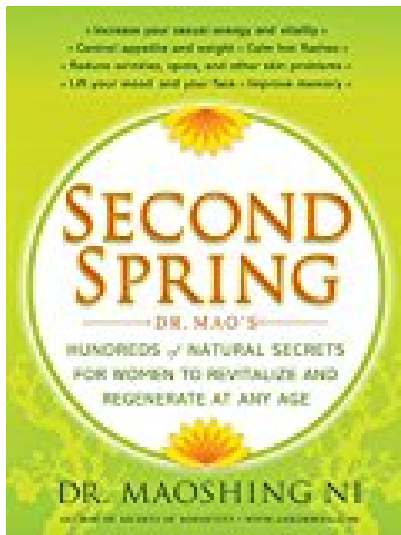


Second Spring Dr. Maos Hundreds of Natural Secrets for Women to Revitalize and Regenerate at Any Age



BOOK DETAILS

- Author : Dr. Maoshing Ni
- Pages : 352 Pages
- Publisher : Atria Books
- Language : English
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BOOK SYNOPSIS

THE CHINESE REFER TO A WOMANS MIDLIFE transition as her Second Spring. Thanks to the simple, natural techniques of traditional Chinese medicine, the second half of a womans life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Maos revolutionary Second Spring™ 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 (theyre 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 youll find handy, at-a-glance lists addressing womens most common ailments. Second Spring, inspired by Dr. Maos own mothers remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong, and live happy in ways that you never thought possible.

SECOND SPRING DR. MAOS HUNDREDS OF NATURAL SECRETS FOR WOMEN TO REVITALIZE AND REGENERATE AT ANY AGE - Are you looking for Ebook Second Spring Dr. Maos Hundreds Of Natural Secrets For Women To Revitalize And Regenerate At Any Age? You will be glad to know that right now Second Spring Dr. Maos Hundreds Of Natural Secrets For Women To Revitalize And Regenerate At Any Age is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

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