



Natural Wellness Strategies for the Menstrual Years

By Laurel Alexander

Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, Natural Wellness Strategies for the Menstrual Years, Laurel Alexander, Menstruation, or moontime, is special for a woman and shifts in mind, body, and spiritual energy can cause both challenge and opportunity. This practical health guide reconnects women to the experience of an important stage of human development. The book examines and teaches how to work with the different menstrual energy patterns through natural self-help strategies that include nutrition and herbs, the Triple Goddess, meditations and imagery, vibrational healing using quartz crystals and flower essences, and hand reflexology. Using a down-to-earth, nature-connected approach to menstruation, women will learn to embrace this essential process of their womanhood.



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