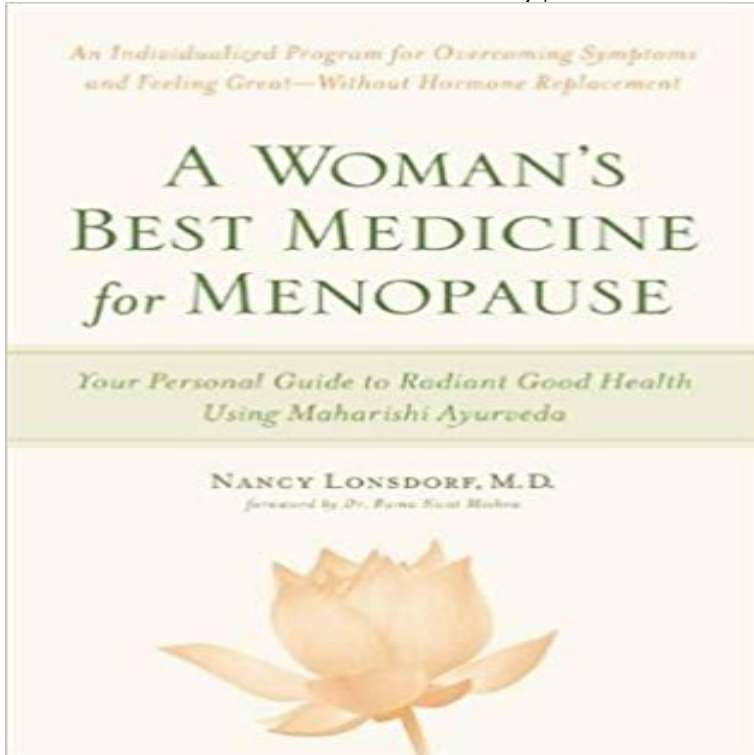


# A Womans Best Medicine for Menopause: Your Personal Guide to Radiant Good Health Using Maharishi Ayurveda



A respected Western physician offers the first complete Ayurvedic approach to a healthy and comfortable menopause. A Woman's Best Medicine for Menopause is the first menopause guide based on the Ayurvedic approach to good health, recently popularized in the West by Deepak Chopra. In it, Dr. Lonsdorf—who is both a Western-trained physician and a leading voice in Ayurveda approaches to women's health—acquaints you with the basic principles of Ayurvedic medicine. She provides quizzes and checklists that help you to determine which risk factors you should be most concerned about and for understanding why you are experiencing specific symptoms. Dr. Lonsdorf shows you how to develop comprehensive personalized programs based on differing risk factors and symptoms. She even describes proven natural methods developed and refined by women over the course of 3,000 years to keep looking beautiful. Includes a foreword by Dr. Rama Kant Mishra.

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