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The Endometriosis Natural Treatment Program: A Complete Self-Help Plan for Improving Health Well-Being



Par Valerie Ann Worwood, Julia Stonehouse
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Description :

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improving their overall health and well-being. The book explores the environmental toxins and other lifestyle issues that may contribute to endometriosis, and clearly explains simple ways to change these factors. Based on Worwood's successful clinical practice, the authors' multifaceted approach advocates specific natural health practices and a range of slow, steady lifestyle changes. *Revue de presse* It's full of practical advice aimed at improving health and well-being ... --*Woman's Own Magazine*, February 21, 2005
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