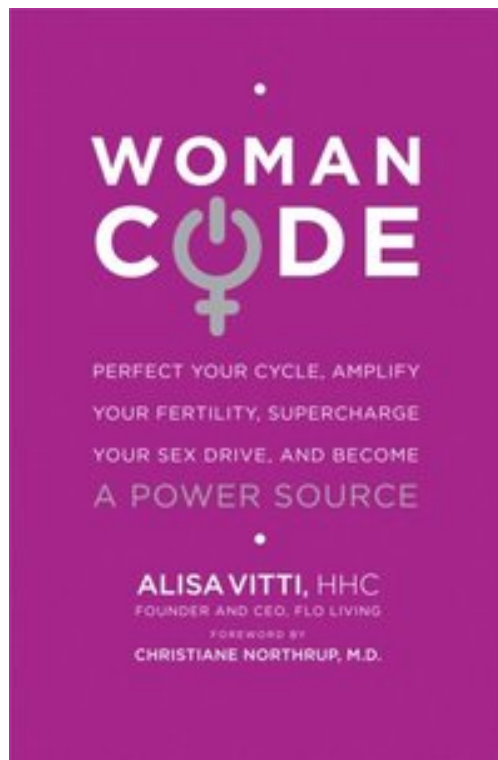


WomanCode

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Alisa Vitti

WomanCode Alisa Vitti boken PDF

With WomanCode, holistic health coach Alisa Vitti shows women how to maintain health and vitality with a food-based program to rebalance their hormones. Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. Whether you are suffering from irregular periods, fertility issues, depression, or lack of sex drive, Alisa Vitti says that meds and anti-depressants aren't the only solutions. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. And the five-step protocol can markedly improve health and overall quality of life. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves' of this generation, provides an insightful foreword.



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