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Second Spring: Dr. Mao's Hundreds of Natural Secrets for Women to Revitalize and Regenerate at Any Age

By Mao Shing Ni

Simon & Schuster. Other book format. Book Condition: new. BRAND NEW, Second Spring: Dr. Mao's Hundreds of Natural Secrets for Women to Revitalize and Regenerate at Any Age, Mao Shing Ni, Bestselling author of "The Secrets of Longevity," Chinese medicine expert Dr. Mao completely reenvision the mind-body changes of perimenopause and menopause for women age thirty-five and up, using completely natural treatments. The Chinese refer to a woman's midlife transition as her Second Spring. Thanks to the simple, natural techniques of traditional Chinese medicine, the second half of a woman's life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao's revolutionary Second Spring(TM) 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 (they're not the same for everyone!). His safe, natural practices, outlined in more than 200...



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