



NATURAL PRESCRIPTIONS *for* women



NATURAL prescriptions *for women*

What to do—and when
to do it—to solve more than
100 female health problems
—*Without Drugs*



The Best Cures Combining:
Herbs • Stretches • Vitamins • Aromatherapy
Yoga • Homeopathy • Foods • Relaxation • Baths
Lifestyle Makeovers • Mental Pick-Me-Ups
Weight Loss • And More

PREVENTION
for Women

Natural Prescriptions

JS Bruner



Natural Prescriptions:

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