



Life is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age

By Tieraona Low Dog

National Geographic Society. Paperback. Book Condition: new. BRAND NEW, Life is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age, Tieraona Low Dog, This science-based, inspiring book imparts the wisdom of a charismatic integrative doctor whose advice for creating health, healing, and wholeness at all stages of a woman's life is tried and true. Everything you do and every choice you make can have a positive and profound impact on your health and well-being. In fact, the science is irrefutable: No drug on the market today can come close to the power of a healthy lifestyle in preventing disease and improving the quality of our lives. Building on this evidence and on her own personal experiences as a medical doctor and holistic healer, Tieraona Low Dog guides women through nearly every facet of their lives, with practical advice and hands-on recommendations for improving their health based on traditional practices and cutting-edge science. From stress-reducing exercises and re-energising with sleep to the power of forgiveness, nature, and social connectivity, Dr. Low Dog shows how nearly every aspect of your life forms the medicine you need to thrive.



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