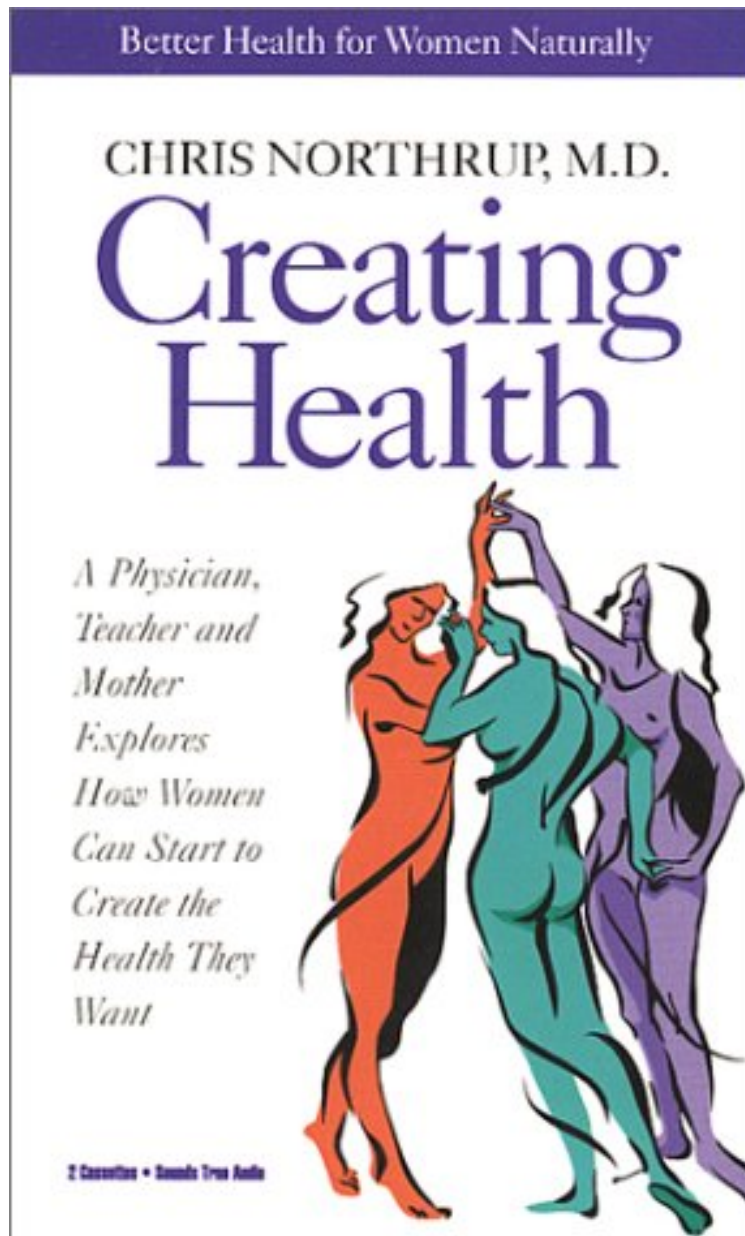


Creating Health: Honoring Women's Wisdom

Christiane Northrup

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Christiane Northrup : Creating Health: Honoring Women's Wisdom before purchasing it in order to gage

whether or not it would be worth my time, and all praised *Creating Health: Honoring Women's Wisdom*:

Creating Health Christian Northrup By learning to trust in your body's intuitive wisdom, you can control most of the factors that go into creating your health. This bold new vision of the healthy woman is based on Dr. Northrup's work as a physician to thousands of mothers, daughters, and sisters. She fuses her real-world experience with a rare expertise in mind/ body medicine. The result is a health program especially for women, offering you up-to-the-minute research with insights gathered from the world's wisdom traditions. What you learn may surprise you (for example, that the heart and uterus produce the same chemicals as the brain does — they are in effect "thinking organs"). A wealth of subtle, simple techniques for engaging with your body ... drawing from your inner wisdom ... and taking the action necessary to create the health you want.