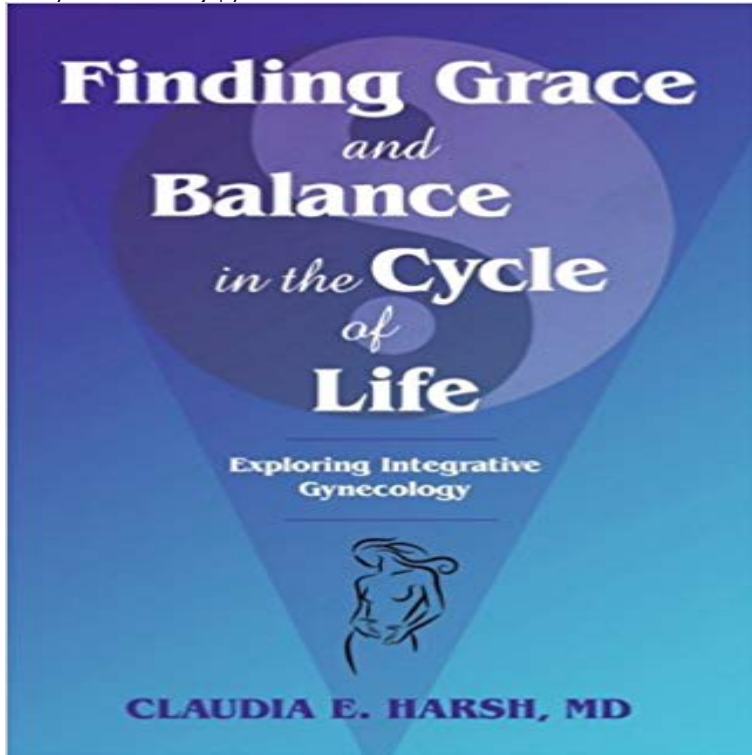


# Finding Grace and Balance in the Cycle of Life: Exploring Integrative Gynecology



The patterns and rhythms of our world clearly affect the cycles of women's lives. Finding Grace and Balance in the Cycle of Life provides a fresh perspective on women's health and explores the beauty and complexity in the hormonal conversation that takes place within women's bodies every day. Whether its fibroid tumors, PMS, fertility, or menopausal complaints, author Dr. Claudia E. Harsh offers a holistic approach to women's health that augments traditional Western medical care with the ancient traditions of Eastern medicine. Finding Grace and Balance in the Cycle of Life explores: Nutrition and lifestyle choices The phases of a woman's life The integrative medicine toolbox including acupuncture, energy medicine, and craniosacral therapy Stress management Fertility Menopause Finding Grace and Balance in the Cycle of Life provides practical information that combines the science of traditional medicine with the ancient teachings of Chinese medicine, acupuncture, and other alternative medicines to help you reconnect to your inner wisdom and find that emotional, physical, and spiritual balance that brings you to optimal health.

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