

File Type PDF Womancode Perfect Your Cycle Amplify Your Fertility Supercharge Your Sex Drive And Become A Power Source

back. The prescriptive program in WomanCode has successfully helped thousands of women regulate their periods, clear up their skin, lose weight, alleviate PMS, get pregnant naturally, have more successful IVF, restore their energy, improve their moods, and have better sex. Vitti's revolutionary five-step program gives you the tools you need to: Work in harmony with your body's natural rhythms Minimize the impact of toxins in the environment, your diet, and the products that you use Target and support the parts of your endocrine function (blood sugar, adrenals, elimination, or reproduction) that need attention Tap into the immensely transformative power of your feminine energy The WomanCode protocol gives women from their teenage years to perimenopause the keys to unlock their hormone health and to make their whole bodies thrive.

Achieve vibrant health in every season with the holistic techniques of traditional Chinese medicine. This friendly guide to a 2,000-year-old lineage of healing wisdom integrates both the Five Element theory and the practices of traditional Chinese medicine to uncover what your body needs for balance and optimal health. Everyday Chinese Medicine demystifies, simplifies, and reveals patterns to help you take control of your own well-being from the comfort of your own home and kitchen. Mindi Counts—a holistic medical practitioner, acupuncturist, and herbalist—walks you through the seasons, elements, and organ systems to help you understand your unique constitution and how to achieve energetic and physical balance. With simple recipes, self-care practices, and time-tested herbal remedies, Everyday Chinese Medicine is the perfect companion on your path to complete wellness.

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword. Gay Hendricks is a great role model for true success. He enjoys abundance and a deep connection with his own spiritual essence, and at the same time has lived for three decades in a thriving marriage. Now, he shows us how to do it for ourselves. Mark Victor Hansen, co-author of Cracking the Millionaire Code In The Big Leap, Gay Hendricks, the New York Times bestselling author of Five Wishes, demonstrates how to eliminate the barriers to success by overcoming false fears and beliefs. Fans of Wayne Dyer, Eckhart Tolle, Marianne Williamson, and The Secret will find useful, effective tips for breaking down the walls to a better life in The Big Leap."

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The Vagina Book is an essential guide packed with invaluable information about sexual health that everybody should know, but might be too afraid to ask. With sections on anatomy, periods, hormones, sex, contraception, fertility, hair care, and so much more, this fun-to-read guide helps readers make healthy decisions for their bodies. Compelling personal essays from a diverse group of luminary figures—including Margaret Cho, Roxane Gay, and Blair Imani—are sprinkled throughout, enriching the pages with beauty, strength, and honesty.

- From OB/GYN Dr. Jennifer Conti and the team behind the beloved Thinx period products
- Dispenses with taboos and misinformation about vaginas and bodies
- Provides the latest health research in easy-to-digest entries

Advice includes yoga poses to help with PMS and cramping, a cheat sheet for making sense of contraception options, why you should care about your pelvic floor (plus easy strengthening exercises!), and the illustrated history of feminine hygiene products, from ancient Egypt through today. This groundbreaking guide is a perfect gift for every modern woman and a vital addition to every modern bookshelf.

- A must-have handbook for anyone with a vagina
- Presented in a luxe, cushioned case filled with more than a hundred vibrant illustrations
- Perfect unique gift for anyone who is passionate about sexual health, feminism, and learning more about their body, as well as readers of Refinery29 and GOOP

• Add it to the shelf with books like *Come as You Are: The Surprising New Science that Will Transform Your Sex Life* by Emily Nagoski PhD; *WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source* by Alisa Vitti; and *Pussy: A Reclamation* by Regena Thomashaue.

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