

5
SIX PRACTICAL

SELF CARE TIPS

For Women

If you're ready to take better care of yourself, here are **6 practical tips** to maximize self-care for women.



MOVE
YOUR BODY
DAILY

INDULGE IN
ALONE
TIME

PICK UP A
CREATIVE
HOBBY

TREAT
YOURSELF

MAKE
SLEEP A
PRIORITY

VALUE YOUR
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ROUTINE

Womens Health Tips Ideas

Albert A Gayle



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Women's Health in Complementary and Integrative Medicine E-Book Tieraona Low Dog, Marc S. Micozzi, 2004-07-29 This book covers the most common areas of concern in women s health It provides a truly integrative approach showing when how and for whom complementary integrative therapies can benefit women in continuity with their regular medical care This is an evidence based clinically oriented book that presents the background and range of complementary and alternative therapies related to common medical conditions and functional complaints and disorders It summarizes and analyzes scientific studies on the safety and efficacy of these therapies for various women s health conditions Each chapter includes a description of commonly used treatments discussions of safety issues including adverse effects and drug interactions a comprehensive summary and methodological assessment of clinical trials on the subject with animal and in vitro data included as appropriate and advice on counseling patients Provides a clear review of the scientific evidence relating complementary and integrative medicine to the care of women Offers a roadmap to the options in the treatment of women with complementary and integrative medicine expanding the clinician s practice whatever their specialty with realistic possibilities Features comprehensive coverage of safety issues Written by leading experts in the field Sidebars within each chapter provide at a glance advice for patients and practitioners Includes key coverage of non gynecologic issues such as

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





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

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