

## Energy Medicine For Women Aligning Your Bodys Energies To Boost Your Health And Vitality

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### Energy Medicine For Women Aligning

In Energy Medicine for Women, Eden shows women how they can work with energy to strengthen their immune, circulatory, lymphatic, and respiratory systems to promote health, vitality, and inner peace. Blending a compassionate voice with a profound grasp of how the female body functions as an energy system, Eden presents what is sure to become a classic book on the subject of women's health.

### Energy Medicine for Women: Aligning Your Body's Energies ...

"Energy Medicine for Women: Aligning Your Body's Energies to Boost Your Health and Vitality" (Eden, 2008) is the perfect guide for women of all ages. Energy Medicine is a concept Donna Eden developed inspired by how she sees the alignment and flow of energies in people.

### Energy Medicine For Women: Aligning Your Body's Energies ...

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### Energy Medicine for Women : Aligning Your Body's Energies to Boost Your Health and Vitality by Donna Eden and David Feinstein and Christiane Northrup

Energy Medicine for Women was awarded the prestigious 2009 Nautilus Gold Award in the Health, Healing & Energy Medicine category. A women's guide to using energy medicine to promote and maintain optimal physical and mental well-being. For more than three decades, Donna Eden has been teaching people to understand the body as an energy system, to recognize their aches and pains as signals of energy imbalance, and to reclaim their natural healing capabilities.

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