

# THE VENUS WEEK

*discover the powerful secret of  
your cycle... at any age*



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The Venus Week: Discover the Powerful Secret of Your Cycle...at Any Age



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All women own it, but may do not have considered it-it'Leading gynecologist Dr. And just why do we often feel therefore out of balance all of those other month? You' But how come this happen? Your hair shines;s the one week of the month when you are feeling great about yourself, more attractive, focused, and receptive to others. Rebecca Booth created the Venus Week metaphor to help her patients better understand what influences the continuous physical, psychological, and sexual adjustments they feel. Today, in The Venus Week, she reveals the amazing ways you can manage your body' like stress, insulin resistance, and health conditions Ease the changes of perimenopause and menopause Knowing the trick of The Venus Week will help you feel much less at the mercy of your hormones and more in control. your skin layer glows. Combining cutting-advantage medical info with a diet plan, beauty, and lifestyle strategy, The Venus Week can help you channel that look-great, feel-good phenomenon and make it happen for you-not only during those few days, but all month long.Venus Interrupters''s weekly hormonal shifts to your best advantage, no matter what your age or stage in lifestyle. You'll learn how these variations have an effect on your body, your relationships, as well as your lifestyle in general, from your own early twenties through menopause and beyond.ll learn how to: Find your Venus Week and maximize its results Improve your likelihood of achieving-or avoiding-pregnancy Increase your energy and boost your libido Lessen the effects of the Minerva Phase: acne, irritability, excess weight gain and feeling swings Manage common &#147;



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A guide that females shouldn't live without. Want I knew all this at 15 instead of suffering into my 30's... I must state this is the most informative publication I've read on the main topic of hormones and the changes women go through over their lifetime. I've learned so very much from this book.. Knowledge gives us power. The writer doesn't pretend to possess all the answers, which may be the honest approach. Overall, this book is simple to follow and incredibly interesting. cut out coffee &. I gave this publication as presents to additional friends at Christmas. Worthy of reading just for that. I have put in place key steps currently (eg. Eye opening This book is eye opening. I recommend it. Probably your mother won't be explain all the mysteries of womanhood but this reserve sure does. I'm 40 years aged and I just wished I had browse this book when I was 20 although it it still very useful at my age as well. The effects of insulin level of resistance on our bodies and hormones were really brought to my attention in this reserve. EVERYTHING YOU NEED TO KNOW!. All women should read this book We am giving a copy of this publication to my daughters. She gives great advice for working around the things we can't transformation and provides suggestions to improve conditions that do respond well to help, whether that be diet, rest, exercise, health supplements, or even cautiously considered hormone alternative. The Venus Week: Uncover the Powerful Secret of Your Cycle.. high GI grains).at Any Age Five Stars Love this publication. Every woman should have this book to get a better knowledge of the changes and discover and make use of the powerful secret of your cycle, the Venus Week. As a grandmother, growing old is most beneficial when done graciously. POWERFUL Read it from begin to finish even though you think the section doesn't apply (it does :) Knowledge is Power Informative and existence changing book that allows me to understand what is going on in my body and motivates me to want to be better because I have the tools to live in my Venus Week through the entire month :-) young women Great info for women to utilize their menstrual cycle through fluctuations throughout the lifecycle. Balanced and better than most biased perspectives.



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