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"I love a good shortcut to looking and feeling great. Sara-Chana's tips help you get back to your best self with nature's best medicine." — **Christie Brinkley**

**TAME YOUR MOODS, DE-STRESS, AND FIND BALANCE USING
HERBAL REMEDIES, AROMATHERAPY, AND MORE**



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Sara Chana Silverstein

Moodtopia: Tame Your Moods, De-Stress, and Find Balance Using Herbal Remedies, Aromatherapy, and More



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A popular herbalist's remedies and prescriptive program for psychological balance and overall health, using normal solutions such as essential oils and moreWhat is Moodtopia? It merely means being in control of your moods so they're not in charge of you! Sara-Chana shares the very best natural remedies to help combat stress, anxiousness, and promote peace of mind and general health. Packed with hundreds of tools, ideas, and strategies, Moodtopia can be a practical, easy-to-use guide to herbal products, adaptogens, aromatherapy, color therapy, feng shui, intuition, homeopathy and so much more. Go-to Grasp herbalist RH(AHG), and classical homeopath, Sara-Chana has walked thousands of ladies through a focused, organic regimen that nourishes their physical, emotional, and spiritual lives. Sara-Chana Silverstein ought to know. She shows how herbs and other natural approaches certainly are a gentle way to improve one's emotional condition without having to vacation resort to antidepressants, anti-anxiety pills, or other medicines that may have unwanted side effects. With an easy-to-implement 90-day plan, Moodtopia teaches ladies to harness the power of nature coupled with their own inner strength to achieve optimal emotional and mental wellness.



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