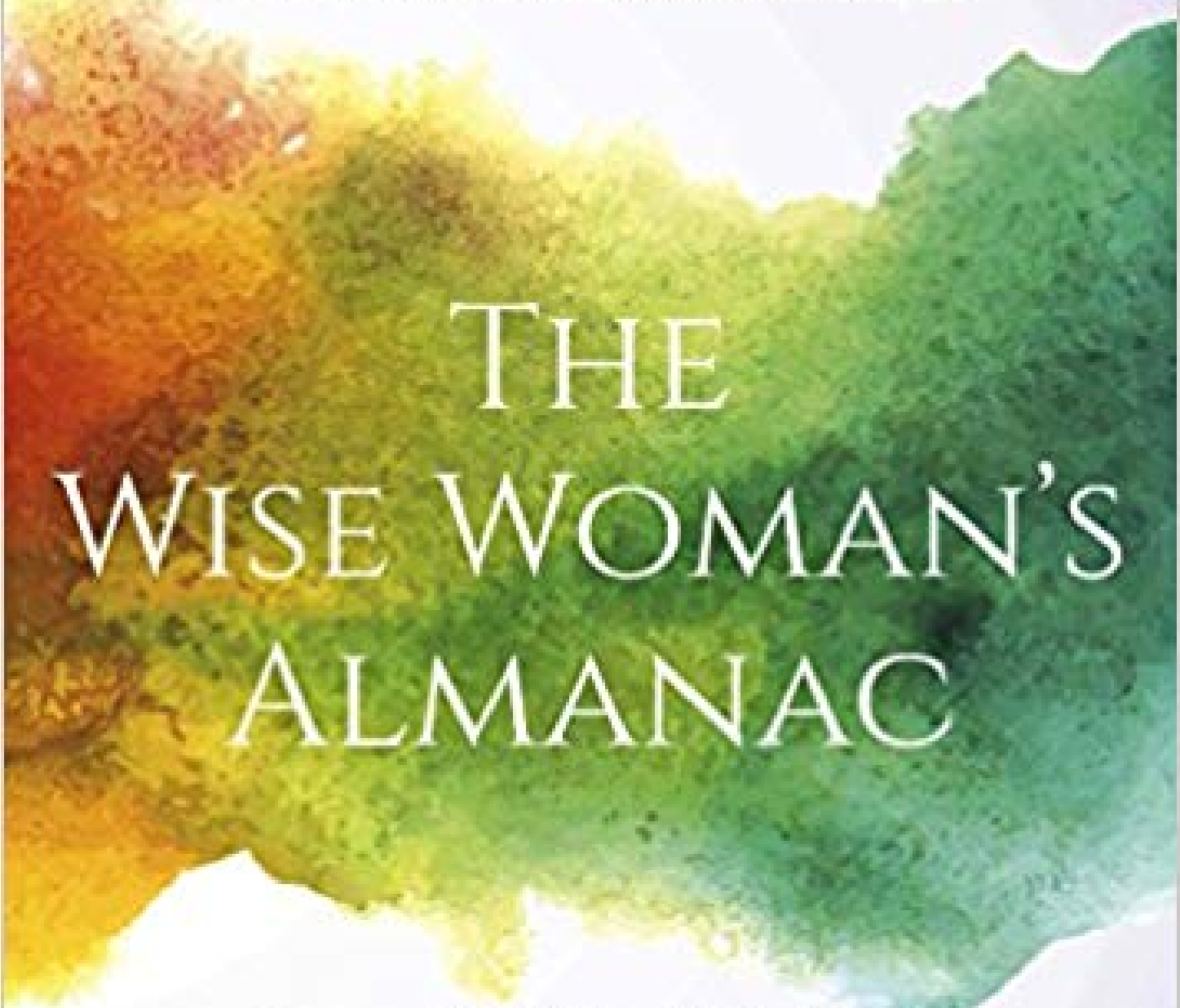


This almanac should be in every woman's home as a guide.

—Gayla Bagwell, Editor-in-Chief and Publisher of *SHINE Magazine*

A watercolor-style background featuring a blend of warm autumn colors (orange, yellow, and red) on the left and cooler spring colors (green and blue) on the right, separated by a soft, wavy line.

THE WISE WOMAN'S ALMANAC

*A Seasonal Guide with Recipes for
New Beginnings that Never Go Out of Season*

Connie Pshigoda

Foreword by Gladys Taylor McGarcy, MD, MD (H)

Connie Pshigoda

The Wise Woman's Almanac: A Seasonal Guide with Recipes for New Beginnings That Never Go Out of Season



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Your Health as well as your Body Are Not Cookie Cutters You will discover that your physical, emotional and spiritual vitality will be the essence of good health and fitness . . . author and Natural Health Consultant Connie Pshigoda offers crafted a number of seasonal health tips and delicious dishes to fulfill your hunger for a better life and year-round well-getting. Within the Wise Woman's Almanac, she connects Nature's seasons as well as your natural existence rhythms, resulting in perfect harmony and stability. Throughout The Wise Woman's Almanac, you will use reflective queries, seasonal meals lists, charts and exercises to achieve optimal well-being. It doesn't matter what age you are . Create a fresh Starting to Last the others of Your Life - and That Never Walk out Season - Starting Today! . . a fresh you! You'll discover that there are 5 months in your annual well-being almanac: Springtime is definitely youth, young adulthood, beginning a first career and growing through education and life experiences. Summertime can be an abundance of mid-age group adventures: maturing, increasing a family group and expanding your career options, even creating fresh types. Autumn becomes a time to shine as another empties and reaping the harvest of an effective career and your life investments. Wintertime brings a number of multi-generational blessings from grandchildren, pension, stepping into the roles of role model and mentor and sharing the wisdom that decades have accumulated. Overlapping Period combines Springtime, Summer time, Autumn or Wintertime with a number of of the other periods resulting in a wondrous and welcome rebirth and rejuvenation. New classes, new careers . not the lack of disease. . The human body's physiological requirements are profoundly influenced by the rhythms and cycles of the Earth's seasonal adjustments.



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Enter tune with the seasons! In the event that you select food in a random or whimsical way, this reserve will open your eyes and guide you to new ways of choosing and preparing food that is in harmony with the seasons. The Wise Woman's Almanac is certainly gracefully packed with wisdom and valuable suggestions. Connie has the capacity to connect to women on so many levels through this book. Women's Wellness Expert! For myself, after surviving in Southern California for two years, I'd lost contact with the times of year -- and after moving to Colorado, I am since I need to lean in and pay attention to both nature and my own body. I use women every day time and have recommended this reserve to my very own clients. There are great quotations and scriptures throughout for thoughtful reflections. I am quite a nutrition buff and have a whole library of health-related books. The book includes a very authentic tone from the wise friend that feels positive and supportive.. Plus, you get to try all the dishes they make with it :) Reconnecting with the 4 Seasons Connie Pshigoda is a wonderful author and speaker and We was thrilled to pick up her book. Well done book! I really like this book I really like this book, " The Wise Woman's Almanac."It is full of diverse information, ranging from pumpkin seedshave minerals, to what your little liver requirements in the Springtime! I'm the kind of personwho thrives with a routine. The book makes an easy, healthy, seasonal timetable forwomen to check out. It feeds you emotionally, spiritually, and mentally. Filled with seasonal recipes and great advice I purchased this book as something special for my mother and she loved it. An excellent book to have in hand.! A wonderful reserve to provide as a gift! Must Have for Every Woman's Kitchen! Roadmap to Healthier COPING WITH Seasonal and Life Changes THE WISE WOMAN'S ALMANAC by Connie Pshigoda is a beautifully written and illustrated publication on ways a female may maintain spiritual and physical well-being throughout her lifetime. book as a gift for my mother and she enjoyed it. What I thought would be a one-time read, has turned into a trusted resource and go-to reference information that under no circumstances leaves my kitchen. The wisdom Connie imparted to me as she shared her life experiences along with her very helpful advice in this helpful publication was life-changing for me personally. This book is for each and every woman; The writer uses gardening through the various periods as an analogy to greatly help females assess what they need to maintain good health, both mentally and actually. Each chapter begins with Connie's thoughts of her childhood on the farm to greatly help readers relate what equipment are needed in their arsenal to maintain wellness throughout yearly seasonal and life adjustments.The recipes are delicious and easy to check out and best of all they relate to what is in season and might know about eat in those seasons. I particularly liked the easy-to-understand explanations of how each organ features in your body and the foods that must keep up with the various systems. Along with all of this, there are fantastic recipes for each season. I highly recommend this reserve as helpful information for women who are seeking guidance on how to live a healthier and happier lifestyle. Reflective and Delicious I was given this book as something special and what a wonderful present it has been. Ms. I purchased 3 of these books as gifts for my women friends, and they were well received. She draws you into her almanac as quickly as a neighbor inviting you in for a day cup of tea, but you receive so very much more- good health, great thoughts and delicious, seasonally suitable recipes. Her Nation Cucumber Salad is already a staple at our family dinners. She speaks to your hearts and our spirits on how we as women have to take proper care of our bodies through nutrition I found The Wise Woman's Almanac to end up being delightful reading. The body and your health will thank you for integrating the lessons of the book into your daily life. She speaks to our hearts and our spirits on what we as women have to take excellent care of our bodies

through nutrition. This is what builds our bodies into strong healthful vessels. I enjoyed the her link with growing up on the family farm and the analogies with the season of the season when compared to seasons of our existence. Inspirational quotes are sprinkled through the entire book, along with questions every person should answer to help establish a healthy routine.. Life Changing The Wise Woman's Almanac truly was a "new beginning" for me in my search for restoration of good health insurance and renewed strength from the Lord. My entire family members has reaped the benefits of this reserve! I've enjoyed reading the book, and will keep it close to have the ability to reference the info and recipes, especially now as we changeover from Autumn into Winter. I purchased 3 of these books as gifts for my .. Connie encourages women to be careful and present to make smarter options to improve your health by eating seasonal veges and she contains recipes for each season. Pshigoda has a warm, easy-to-read style of writing and exciting stories to show about developing up and helping from her parents farm. Self care and wellness is important, and Pshigoda gives many constructive and seasonal recommendations. It's well-written and a distinctive approach! There are work pages in each section to record and assess where you are at. However, I found Connie's approach of sharing foods for different periods like none various other! She influenced me by providing seasoned dishes and practical exercises that wet my whistle and motivated me to create even more optimum health. You want to have this one in your library or provide it as a gift to a pal! Filled with seasonal recipes and great advice. That is a must read if you want to be healthy, eat wholesome food and thrive.. guiding us through the year, educating us on what our anatomies need with each period, the best foods to aid wellness, simple recipes and thought-provoking queries on our personal wellness journey. Not the type of publication that lives in the bookcase, but one that is on trips for daily information. . The perfect gift for the ladies you care about in your lifestyle. I can't wait around to try the nice potato rounds the following month. She takes classic wisdom and wraps it within an readable modern guideline with tidbits from her own life experience and knowledge, both as a farm young lady in Texas and an all natural Health Consultant. Wow, what a well done book. I've had a number of health challenges in the last 12 months and continue to look for ways to strengthen my disease fighting capability and give my body what it requirements in every season. I highly recommend this book to anyone wanting to improve health and strength to fulfill God's program and purpose in your daily life. I welcome guidance on steps to make the a lot of the seasonal foods and present my body what it wants in every season.



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