



The Ageless Woman: Natural Health and Beauty After Forty with Maharishi Ayurveda

Nancy Lonsdorf

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Inspiring, informative, and empowering, *The Ageless Woman** weaves timeless wisdom and the latest medical discoveries into a unique, highly-effective anti-aging guide for women. Natural medicine expert, Dr. Nancy Lonsdorf, presents a highly-individualized, practical handbook, rich in health tips, weight-control strategies, and treasured beauty secrets from Maharishi Ayurveda, the complete system of natural medicine from the Vedic tradition of ancient India. With the insightful guidance of *The Ageless Woman*, every woman can grow in health, beauty, and fulfillment after forty.

*Formerly titled "A Woman's Best Medicine for Menopause"

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