



Stretching Programs for Women s Health Issues (Paperback)

By Susan Richards M D

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In Stretching Programs for Women s Health Issues, Susan Richards, M.D., one of the most respected alternative medicine experts, shares with you her great stretching programs she has developed and that have been very beneficial in relieving symptoms of many common women s health issues in thousands of patients. You will greatly benefit from the stretching program that Dr. Richards developed to support healing and bring relief to thousands of women with a variety of health issues. Stretching exercises are an essential part of any successful healing program. - Stretching exercises improve the flexibility and suppleness of our muscles, ligaments and connective tissue. - Stretching can also help bring relief to a wide variety of health issues, including arthritis, fibromyalgia, depression, anxiety, PMS, menopause, and menstrual cramps. It is also beneficial for chronic fatigue, hypothyroidism, heart disease, high blood pressure and many other conditions. - Stretches provide an oasis of calm in which you can put aside your stress and focus on doing the exercises slowly and on breathing calmly and deeply. - The areas where women have tight and tense muscles often...



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