



## Navakarma: Nine Philosophies for Curing Diseases Like Hormonal Imbalance, Anxiety, and Depression, Using Natural Remedies (Paperback)

By Shreya Nath

Partridge India, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Diagnosed with a bulky uterus, thickened endometrium, and menorrhagia--all signs of a risk of cancer--Shreya Nath faced an ordeal the likes of which she had never imagined. But within thirty-six months, she was able to regain the health of her uterus. In Navakarma, Shreya describes her personal journey with holistic healing, sharing the knowledge she gained while overcoming these diseases and avoiding an unnecessary hysterectomy. She presents proven tips to overcome hormonal imbalance in a natural way and advice to help other women address their gynaecological disorders. By taking both physical and spiritual approaches and facing the worst possibilities of the disease, this guide seeks to help women identify illness as a transitory phase of their lives and deal with it accordingly. This personal narrative and practical handbook offers guidance and natural solutions to women facing gynaecological health problems.



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