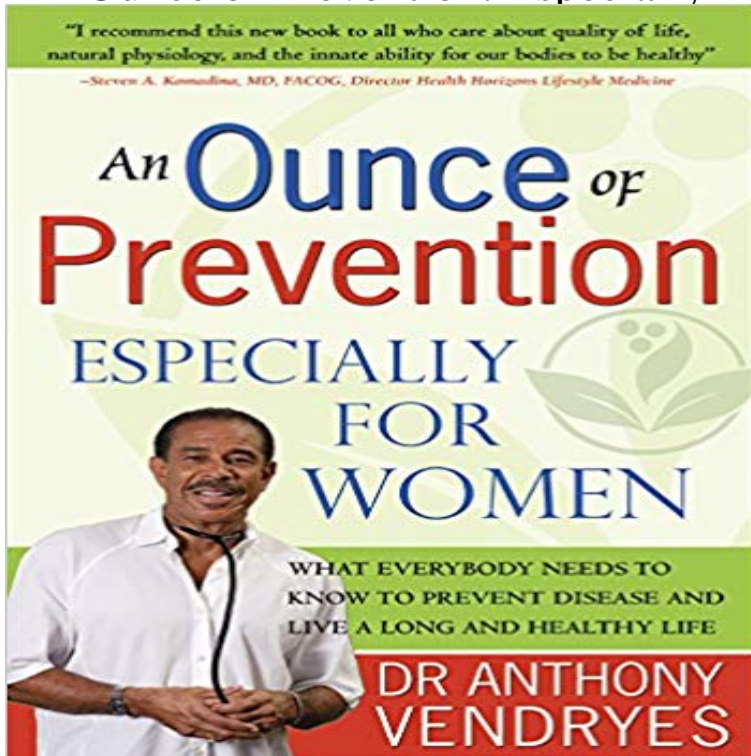


An Ounce of Prevention: Especially For Women



With the increasing awareness of the connection between good nutrition, healthy lifestyles and the prevention of diseases, this book expands on the themes in the previous volume *An Ounce of Prevention: New and Natural Ways to Prevent Common Health Problems*, with a special focus on a variety of female disorders. Dr Tony Vendryes builds on his articles in the *Daily Gleaner*, giving greater detail on a wider range of topics. The book is intended to provide the reader with a simple explanation of the cause of many problems along with safer and more natural interventions.

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