



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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