



A Woman's Body Balanced By Nature: Great health for the rest of your life

By Janet Maccaro PhD CNC

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When your body, mind and spirit function in concert, you are healthy! That's the unique message in Janet Maccaro's newest book in which she shows women how to achieve balance and stay free from anxiety, depression, worry, and physical maladies.

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Editorial Review

About the Author

Janet Maccaro, PhD, CNC, is a respected lecturer, author, and radio/television personality. She has doctorates in nutrition and natural healing and is also a leading expert in natural progesterone supplementation. She is internationally recognized for her knowledge in women's health. Maccaro is a member of the American Association of Nutritional Consultants, the American Association of Pharmaceutical Scientists, and the Advanced Writers and Speakers Association. Dr. Maccaro has written four other books: 90-Day Immune System Makeover, Breaking the Grip of Dangerous Emotions, Midlife Meltdown, and Natural Health Remedies.

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