



Women's Health: Ask Dr. Weil

Andrew Weil

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In his #1 **New York Times** bestseller **Spontaneous Healing**, Dr. Andrew Weil opened our eyes to the body's wondrous ability to naturally heal itself. And after the tremendous response he received from countless readers, he launched the Web site "Ask Dr. Weil" (www.drweil.com). Now, in this easy-to-use book, Dr. Weil answers all your most frequently asked health questions, including...

- * How can I fight PMS naturally?
- * What are the best methods of birth control?
- * Which herbs help hot flashes?
- * Can hair dyes be hazardous to my health?
- * Are silicone breast implants really dangerous?

And many more!

Whether you are eager to learn about the best path to recovery from illness or just looking to improve your overall well-being, Dr. Weil's expert advice will gently guide you toward the healthier, fuller life you deserve.

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