



# Golden Transition: Menopause Made Easy with Maharishi Vedic Medicine

*Kumuda Reddy*

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## **Golden Transition: Menopause Made Easy with Maharishi Vedic Medicine** Kumuda Reddy

Menopause does not have to be the most difficult time of a woman's life. It should be a smooth and easy transition from one stage of life to another?as natural and as effortless as the change of seasons. The key to this is the understanding of the natural cycles of a woman's physiology and how they can be kept in balance with correct diet, exercise and lifestyle choices. In this easy-to-read book, Dr. Reddy describes in comprehensive detail how to maintain the correct relationship between the cycles of a woman's body and the cycles of nature and gives practical advice on diet, exercise, and lifestyle that can turn menopause into a comfortable and transforming experience for every woman.

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