



Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age

Tieraona Dog

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Everything you do and every choice you make can have a positive and profound impact on your health and well-being. In fact, the science is irrefutable: No drug on the market today can come close to the power of a healthy lifestyle in preventing disease and improving the quality of our lives. Building on this evidence and on her own personal experiences as a medical doctor and holistic healer, Tieraona Low Dog guides women through nearly every facet of their lives, with practical advice and hands-on recommendations for improving their health based on traditional practices and cutting-edge science. From stress-reducing exercises and reenergizing with sleep to the power of forgiveness, nature, and social connectedness, Dr. Low Dog shows how nearly every aspect of your life forms the medicine you need to thrive.

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