



Dr. Charlotte Bech, medical doctor, doctor of the Science of Creative Intelligence and teacher of Transcendental Meditation. Dr. Bech is currently running a private clinic in Copenhagen (Denmark), teaching courses for medical doctors, sharing her expertise through webinars, radio, tv, columns in national magazines, and several books on holistic health.

The programme in this book helps to:

1. Optimize health: More easily lose weight, get rid of fluid retention, reduce menstrual pain, increase fertility, and balance hormones.
2. Enhance natural beauty: Clear up skin, increase feminine charm, and stay more youthful as time goes by.
3. Feel happier: Be more vibrant, vital and energetic.

The book is for every woman who wants to know the real truth about the monthly cycle, birth control pills, cramps, tampons, endometriosis, and how it all relates to Female beauty.

The book is also for all women who love yoga and are curious as to how we utilize our cycle for a personal silent yoga retreat every month.

The programme has transformed the lives of thousands of women all over the world, bringing them more radiant health, rejuvenation, efficiency and fulfillment in life.

The book introduces you to a new and hitherto unknown specific diet and lifestyle to be followed during the first three days of the monthly flow - consisting of a delicious diet with sweetly tasting nourishing recipes, accompanied by a specific lifestyle.

The book helps you with shopping guides for the delicious recipes and with practical steps for organizing your schedule in order to tap into your secret Female power and release your latent human potential.



# The Female Monthly Cycle -- How to Tap Into Your Secret Power

## Charlotte Bech

