



# Managing Your Health & Wellness: A Guide to Holistic Health (Astrology Made Easy Series)

*Diane Cramer, Cosmic Patterns*

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Whether it's feeling more energized, losing a few pounds, or alleviating a chronic condition, almost everyone would like to improve some area of their health. With the easy-to-use, personalized approach in *Managing Your Health & Wellness*, you can increase your energy, improve your health, and bring more balance into your life.

Perfect for beginners, all you need to know to use this system is the birth date, time, and location for yourself or the person whose report you are running. The report starts with an easy-to-follow astrological birth chart and an analysis of the following factors: exercise and behavior patterns, mental outlook, cravings, resistance to disease, activity level, ability to handle stress, and much more. The report then offers practical suggestions for achieving greater health and well-being that focus on using diet, exercise, and herbal remedies specifically tailored to the individual whose chart is under consideration.

The CD-ROM for PC format runs on Windows 95/98/ME/XP and was developed by Cosmic Patterns, a leading developer of astrological software.

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