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PLANETARY APOTHECARY
An Astrological Approach to Health and Wellness
By Stephanie Gailing

A hot-tempered Aries starts her day off right by balancing her fiery nature with a breakfast of cooling foods. An altruistic Aquarius volunteers at a local food bank in order to recharge her batteries with activities that nurture both her mind and body. A poised and gracious Libra adds a drop of rose oil to her bath water for its radiant skin-enhancing properties. A hardworking Capricorn understands her joints are an area of vulnerability and practices yoga to support proper alignment.

More than 70 million people worldwide read their horoscope daily for guidance on career and relationship matters. Now, these readers can improve their health and well-being by discovering their personal health profile based on their zodiac sign.

The keys to wellness are written in the stars, and *Planetary Apothecary* brings the healing wisdom of the planets within reach. By offering an astrological health and wellness program designed for each planetary constitution such as specific nutritional tips, natural remedies, spa therapies, relaxation practices, yoga asanas, flower essences, and aromatherapy recommendations, *Planetary Apothecary* will soothe and balance excesses while nurturing harmony and well-being.

About the Author

Stephanie Gailing is a professional nutritionist, astrologer, and writer who has been featured on *Yoga Journal*, *Oxygen*, and HealthCorner TV. She is currently living in Seattle, Washington and is currently available for interviews.

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