

nurturing you womens health wellness

leita j harris md

Nurturing You: Women's Health & Wellness with Leita J. Harris, MD

Are you ready to prioritize your well-being and embark on a journey towards a healthier, happier you? Feeling overwhelmed by the complexities of women's health? Then you've come to the right place! This comprehensive guide explores the holistic approach to women's health and wellness offered by Dr. Leita J. Harris, MD, focusing on how she empowers women to take control of their health journeys. We'll delve into the philosophy behind "Nurturing You," exploring various aspects of women's health, from preventative care to managing specific health concerns. Get ready to discover practical tips, insightful advice, and a deeper understanding of how to prioritize your well-being.

Understanding the Holistic Approach to Women's Health

Dr. Leita J. Harris, MD, understands that women's health isn't just about treating illnesses; it's about fostering overall well-being. This holistic approach considers the interconnectedness of physical, mental, and emotional health. It's about proactively preventing health issues and addressing them comprehensively when they arise. This means considering factors like lifestyle choices, stress levels, genetics, and social support alongside any specific medical concerns. Dr. Harris believes in empowering women to become active participants in their healthcare decisions, fostering a collaborative partnership between patient and physician. This patient-centered approach is at the heart of her practice, "Nurturing You."

Preventative Care: The Foundation of Women's Health

Preventative care is not just about annual check-ups; it's about proactive steps to maintain optimal health. This includes regular screenings like mammograms, pap smears, and bone density tests, all tailored to your age and risk factors. Dr. Harris emphasizes the importance of open communication to understand your individual risk profile and create a personalized preventative care plan. This might also involve discussing lifestyle modifications such as diet, exercise, and stress management techniques to mitigate future health risks. Early detection and intervention are key to preventing many serious health conditions.

Addressing Common Women's Health Concerns

Women face a unique range of health challenges throughout their lives. Dr. Harris provides comprehensive care for a variety of concerns, including:

Menstrual health: Irregular periods, painful periods (dysmenorrhea), and premenstrual syndrome (PMS) are common issues that can significantly impact quality of life. Dr. Harris works with patients to identify the root causes and develop effective management strategies, often including lifestyle changes and medical interventions as needed.

Menopause management: The transition into menopause can bring about a range of symptoms, from hot flashes and night sweats to mood changes and vaginal dryness. Dr. Harris offers comprehensive guidance on navigating this life stage, providing hormone replacement therapy (HRT) options and lifestyle adjustments when appropriate.

Reproductive health: From family planning and contraception to fertility concerns and pregnancy care, Dr. Harris provides compassionate and expert guidance. She helps patients make informed decisions about their reproductive health, ensuring they have access to the resources and support they need.

Sexual health: Open communication about sexual health is essential. Dr. Harris creates a safe and comfortable environment for patients to discuss concerns related to sexually transmitted infections (STIs), sexual dysfunction, and other related issues.

Mental health: The connection between physical and mental health is undeniable. Dr. Harris acknowledges the significant impact stress, anxiety, and depression can have on women's well-being and offers support and guidance, connecting patients with mental health professionals when needed.

Beyond the Clinic: Empowering Women Through Lifestyle Changes

Dr. Harris's commitment to "Nurturing You" extends beyond the clinical setting. She emphasizes the critical role of lifestyle factors in overall health. This involves educating patients about:

Nutrition: Understanding the importance of a balanced diet rich in fruits, vegetables, and whole grains. She provides guidance on making healthy food choices and managing weight effectively.

Exercise: Regular physical activity is vital for both physical and mental health. Dr. Harris encourages patients to find activities they enjoy and incorporate exercise into their daily routines.

Stress management: Stress can have detrimental effects on women's health. Dr. Harris provides strategies for managing stress, such as mindfulness

techniques, yoga, or other relaxation methods. She also emphasizes the importance of prioritizing self-care and building a strong support system.

Building a Strong Doctor-Patient Relationship

The foundation of effective healthcare is a strong doctor-patient relationship built on trust, open communication, and mutual respect. Dr. Harris cultivates this through empathetic listening, personalized care, and a commitment to empowering her patients to take an active role in their health decisions. She encourages questions and ensures patients feel heard and understood. This collaborative approach ensures that every woman feels supported and confident in her healthcare journey.

Conclusion

"Nurturing You" with Dr. Leita J. Harris, MD, is more than just a medical practice; it's a philosophy dedicated to empowering women to prioritize their well-being. Through a holistic approach, preventative care, and a commitment to building strong doctor-patient relationships, Dr. Harris helps women navigate the complexities of their health journeys, enabling them to live healthier, happier, and more fulfilling lives. Take the first step towards a healthier you by scheduling a consultation today.

FAQs

1. Does Dr. Harris accept my insurance? Please contact the office directly to verify insurance coverage. They are happy to assist you with this information.
1. What are the typical wait times for appointments? Wait times vary, but the office staff will do their best to accommodate your schedule and provide an estimate during the scheduling process.
1. What types of payment methods does Dr. Harris accept? The practice accepts various payment methods, including major credit cards and often offers flexible payment plans. Contact the office for specific details.
1. Does Dr. Harris offer telehealth appointments? To determine if telehealth is an option for you, please inquire directly with the

office. Availability may vary depending on the type of appointment.

1. What should I bring to my first appointment? Bring your insurance card, a list of current medications, and any relevant medical records. It's also helpful to bring a list of questions you may have for Dr. Harris.

nurturing you womens health wellness leita j harris md: Pastoral Record Abingdon Press, 1984-08 History of pastor's ministry in one place.

nurturing you womens health wellness leita j harris md: Phoenix's Ahwatukee-Foothills Martin W. Gibson, 2006-09 South of Phoenix's South Mountain, west of Interstate 10, north of the Gila River Indian Community, and east of Arizona state land lies the picturesque village of Ahwatukee-Foothills, home to some 87,000 people. Its proximity to adjacent cities, cultural centers, shopping, and dining combines with these natural boundaries to give the area its beautiful topography, sense of peaceful isolation, and high desirability as a great place to live, work, and play. But long before there was a freeway, the area was part of the Kyrene farming community, a rural patchwork of hardy pioneer families typifying the country's agricultural way of life during the first half of the 20th century.

nurturing you womens health wellness leita j harris md: The Field Tarot Hannah Elizabeth Fofana, 2020-11-16 The Field Tarot was created to guide readers through the sacred space (the field) where the tarot narrative takes place. Inspired by colorful, botanical, and otherworldly dreamscapes, the accessible artwork situates the reader within the scene, allowing them to easily connect with the card meanings. The Field Tarot acts as an intuitive tool to help readers navigate through life, relationships, and their inner and outward journeys. Includes 78-card deck and 96-page guidebook.

nurturing you womens health wellness leita j harris md: Musical Creativities in Practice Pamela Burnard, 2012-03-22 Musical Creativities in Practice explores the social and the cultural contexts in which creativity in music occurs. It begins by considering what constitutes creativity - taking a cross cultural view of music, while investigating creative processes far beyond just the classical music genre - including electronic media, popular music, and improvised music. In addition it looks at creativity in both writing and performing. The field of musical education is a key focus - examining why creativity is important within the educational environment, and looking at how schools might sometimes stifle creativity in their music teaching, rather than encourage it. The book is packed with case studies and real-life examples taken from studies across the world, providing a powerful corrective to myths and outmoded conceptions which privilege the creative practice of individual artists. Musical Creativity in Practice argues the need for conceptual expansion of musical creativities in line with vital contemporary real world practices. It explores how different types of musical creativities are recognised and communicated in the real world practices of a diversity of professional musicians. The book covers creative practice issues underlying composing, improvising, singer songwriting, originals bands, DJ cultures, live coding and interactive sound designing and the implications of creativity research for music education and for the assessment of creativities in industry and education. Musical Creativities in Practice will be valuable for those in fields of music psychology and music education, from advanced undergraduate level upwards.

nurturing you womens health wellness leita j harris md: Artistic Citizenship David James Elliott, Marissa Silverman, Wayne D. Bowman, 2016 Foundational Considerations -- Dance/Movement-based Arts -- Media & Technology -- Music -- Poetry/Storytelling -- Theater -- Visual

Arts

nurturing you womens health wellness leita j harris md: Pamela Coleman Smith Stuart Kaplan, 2018-06-30 Pamela Colman Smith: The Untold Story brings together the work of four distinguished scholars who have devoted years of research to uncover the life and artistic accomplishments of Pamela Colman Smith. Known to millions as the creator of the Rider-Waite Tarot deck, Pamela Colman Smith (1878-1951) was also a stage and costume designer, folklorist, poet, author, illustrator of ballads and folktales, suffragette, and publisher of books and broadsheets. This collaborative work presents: a richly illustrated biography of Pamela's life with essays on the events and people that influenced her including Jack Yeats, Ellen Terry, Alfred Stieglitz, Bram Stoker and William Gillette. There is also a chronological survey of her folktales, art and poetry and an exploration of her lasting legacy. Over 400 color images of Pamela's non-tarot art have been curated from her publications including A Broad Sheet, The Green Sheaf, Blue Beard, Annancy stories, Russian ballet, costumes, stage designs, Iri

nurturing you womens health wellness leita j harris md: Emerging Technologies to Benefit Farmers in Sub-Saharan Africa and South Asia National Research Council, Division on Earth and Life Studies, Board on Agriculture and Natural Resources, Committee on a Study of Technologies to Benefit Farmers in Africa and South Asia, 2009-02-21 Increased agricultural productivity is a major stepping stone on the path out of poverty in sub-Saharan Africa and South Asia, but farmers there face tremendous challenges improving production. Poor soil, inefficient water use, and a lack of access to plant breeding resources, nutritious animal feed, high quality seed, and fuel and electricity-combined with some of the most extreme environmental conditions on Earth-have made yields in crop and animal production far lower in these regions than world averages. Emerging Technologies to Benefit Farmers in Sub-Saharan Africa and South Asia identifies sixty emerging technologies with the potential to significantly improve agricultural productivity in sub-Saharan Africa and South Asia. Eighteen technologies are recommended for immediate development or further exploration. Scientists from all backgrounds have an opportunity to become involved in bringing these and other technologies to fruition. The opportunities suggested in this book offer new approaches that can synergize with each other and with many other activities to transform agriculture in sub-Saharan Africa and South Asia.

nurturing you womens health wellness leita j harris md: Lusty Winter Max Braithwaite, 2013-09-03 In Lusty Winter, Braithwaite portrays the contemporary world as a place of luxury, ambition, and endless potential where survival is difficult and often impossible. The person trying to survive the lusty winter of his life is George Wilson, a 65-year-old who is hale, hearty, and full of hate for modern society. Escaping from city life and his ambitious celebrity wife, Wilson sets himself up in an isolated cabin in northern Ontario. However, the detached lifestyle he seeks is continuously thwarted by rocky love affairs and violent snowmobilers.

nurturing you womens health wellness leita j harris md: The Dragon Tarot Terry Donaldson, 1996 Journey into the far reaches of Dragonland with the Dragon Tarot book. Discover how mythical dragons can lead you to a better understanding of yourself and your life.

nurturing you womens health wellness leita j harris md: Information Seeking in Context Pertti Vakkari, Reijo Savolainen, Brenda Dervin, 1997

nurturing you womens health wellness leita j harris md: Economic Policies for Sustainable Development Thomas Sterner, 1994-01-31 This book focuses on describing policy instruments in different countries. Its purpose is not only descriptive but also, to some extent, advocacy. We believe that economic instruments can make an important contribution to an environmentally less disruptive path of development. The design of economic instruments is however a fine art and depends among other things on their political acceptability and this acceptability is of course influenced by experience. It is therefore important to provide information on the use of policy instruments in other countries. Policies are currently developing quite fast and thus a book such as this one can inevitably not capture more than a snapshot view at a single moment of time. We would hope that the book encourages more experimentation with economic instruments and that countries

will make a fuller use of the whole arsenal of economic policy instruments. If the book does succeed in this sense then it will soon become dated as policies change -but that would be a price well worth paying! The book combines a dozen country monographs together with a few international surveys on particular topics (gasoline pricing, vehicle regulations, acid rain, deforestation and global warming). These papers are intended to illustrate the diversity of policy options available. The actual policies adopted depend on economic as well as ecological conditions. The country studies cover two Western countries and then concentrate on formerly planned and developing countries. They show that economic instruments are still generally thought of as new and innovative.

nurturing you womens health wellness leita j harris md: *Commodore's Barge is Alongside* Max Braithwaite, 2012-07-10 Max is back! After a Lusty Winter in Ontario, Canada's hearty humorist returns to the prairies with a naval spoof that's awash with nautical nonsense. The time is early in the Second World War, the setting is Wabagoon, Saskatchewan, and the "ship" is a converted garage, christened hmcs Porpoise and used for the training of local navy recruits. And when the Porpoise weighs anchor in the Canadian dustbowl, the navy insists that sand is water, windows are portholes, and floors are decks. In the midst of it all - and very much at sea - is Robin Evelyn Francis Diespecker, familiarly known as "Dink". A young, brash, impetuous boy, eager for adventure, Dink joins the war to get away from home and the Great Depression. But the "war," as embodied on board the Porpoise, gives him both more and less than he bargained for, as one misadventure follows another. The people he meets and the exploits he survives - both "ashore" and "on board" - are rendered with the master touch of Max Braithwaite, whose wry humorous vision keeps a salvo of satire and comic escapades right on target all the way through. A riotous romp with a poignant edge, Braithwaite's newest novel makes a mockery of war and finds fathoms of fun in human foibles.

nurturing you womens health wellness leita j harris md: *African Tarot* Marina Romito, 1997 The exuberant imagery of African Tarot draws largely on the African experience, depicted in a primitive art style. Marina Romito has reinterpreted the standard Rider-Waite images with symbols inspired by indigenous South African culture to create an accessible, uplifting deck. Evoking universal childhood emotions, African Tarot can help you explore your true inner nature. The back design of the cards is inspired by the Shagaan culture (one of the indigenous ethnic groups in South Africa); the tortoise symbolizes the slow coming of justice. The miniature deck is perfect for small hands. 55-page booklet includes individual card meanings as well as card combinations. Marina Romito holds a degree in philosophy, but is primarily a seeker of greater global harmony and truth. She was born in Johannesburg, South Africa. Denese Palm has long been involved in the field of human rights, and particularly with women's group in rural economic assistance projects.

nurturing you womens health wellness leita j harris md: *Inspirational Wisdom from Angels & Fairies* Frances Munro, 2015 Cheerful angels and fairies deliver wisdom, healing energy and loving guidance to help you rediscover passion and joy in your life. You will find inspiration in the dreamy artwork with empowering exercises, prayers and affirmations. The illustrated booklet provides deeper insights for restoring mind/body/spirit balance. Includes 44 cards and 56-page illustrated booklet.

nurturing you womens health wellness leita j harris md: *Tarot Deck of Heroes* Richard Shadowfox, 2012-02-13 Knights and Pirates and Rogues Oh my! Every fair maids fantasy, the dreamy men like those of romance novel covers come to life in this breathtaking 78-card Tarot deck. Each card is lushly illustrated with vibrant colors and traditional symbolism. Experts and novice readers alike will enjoy the images of Highlanders and highwaymen, scoundrels and sailors, while still providing a time-honored Tarot experience like no other. The companion guide includes detailed keywords (upright/reversed) and original spreads. Spice up your life with Tarot Deck of Heroes!

nurturing you womens health wellness leita j harris md: *The Dreamkeepers Tarot* Liz Huston, 2020-11 Inspired by traditional Rider-Waite, the Dreamkeepers deck plumbs the spiritual depths of tarot to help readers come to terms with the mysterious forces that influence our lives. The intriguing imagery of Dreamkeepers Tarot represents years of Liz Huston's journey of personal growth and healing, and includes new tarot art created especially for this U.S. Games Systems

edition. She presents tarot as a mirror that reflects our deep inner truths and reveals our hidden motivations, beliefs and expectations. Her art creates an alchemical blend of multiple paint media with digital photographic montage, offering signs and symbols to help the reader interpret tarot and all its wisdom.

nurturing you womens health wellness leita j harris md: Bianco Nero Tarot Marco Proietto, 2018-07-11 Bianco Nero (Black & White) Tarot blends the classic iconography of Visconti Tarot with modern, hand-drawn ink illustrations inspired by antique engravings and woodcuts for a truly timeless look. Includes 64-page booklet with a custom Goals Spread.

nurturing you womens health wellness leita j harris md: Voices of the Wild Max Braithwaite, 2021-09-09 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

nurturing you womens health wellness leita j harris md: Technologies for Value Addition in Food Products and Processes Sankar Chandra Deka, Dibyakanta Seth, Nishant Rachayya Swami Hulle, 2019-10-28 The new volume looks at some important emerging food processing technologies in light of the demand for functional food products and high-value and nutritionally rich products. Technologies for Value Addition in Food Products and Processes covers a selection of important recent developments in food processing that work to enrich or maintain nutritional value of food products, including such applications as non-thermal plasma, refractance window drying, extrusion, enzyme immobilization, and dry fractionation. Dry fractionation, in particular, has emerged as a sustainable alternative to wet processes in last three decades for producing protein concentrates from legumes. Several chapters on fish processing cover both traditional knowledge and advances in fish processing technologies. A chapter on bioethanol production discusses the past and present status of the industry, focusing on economic feasibility and environmental viability. A chapter also discusses traditional fermentation process and nutritional aspects of ethnic foods followed by the Rabha-Hasong, Mishing and Karbi communities of Assam, India. With the contribution from experts in their respective fields, this volume provides new information on novel food processing technologies.

nurturing you womens health wellness leita j harris md: The Tarot of Vampyres Ian Daniels, 2010 Embrace the night as you succumb to visions of blood-red roses and feel the impassioned rhythms of your feverishly pounding heart. The Vampyre legend is rooted in darkness and seduction, yet its eternal message is one of spiritual hunger--to taste the Divine. Featuring Ian Daniels' richly evocative Gothic-style artwork, this hauntingly romantic deck is a tool for spiritual awakening. With it, you can plumb the depths of your inner shadows and emerge in the radiant light of truth. Inspired by the Rider-Waite structure, the deck shows the Fool, Priestess, and other traditional figures, while the suits bear unique names that call forth the mysterious and macabre: Scepters, Grails, Knives, and Skulls. The companion book provides detailed card meanings, creative exercises, original spreads, and instructions for creating your own Vampyre character. Includes a 78-card deck and a 312-page book.

nurturing you womens health wellness leita j harris md: The Complete Tarot Kit INC. U. S. GAMES SYSTEMS, 2004-01-01 Designed for both beginners and those who have used tarot cards before, this pack contains two tarot decks, an introduction to the use of the cards, a personal tarot, a colour spreadsheet and a quick reference chart.

nurturing you womens health wellness leita j harris md: Night We Stole the Mounties'

Car Max Braithwaite, 2012-07-10 Max Braithwaite has the unique capacity to be both tender and caustic - both nostalgic and uncompromisingly honest. He is also one of Canada's few original humorists. All these qualities are present in his latest bittersweet recollections of life on the Prairies during the early Thirties. It was a time of depression and drought; but for Max, a young schoolteacher, it was also a time for courtship and marriage, for those hilarious episodes in Wannego, Saskatchewan, which did much to belie the grimness of the era. There was Max's disastrous umpiring of a Ladies' Softball game; his writing and directing of a play that generated more drama off-stage than on; the awful problem of the wasps at the outhouse, and much, much, more. *The Night We Stole the Mountie's Car* follows *Never Sleep Three in a Bed* and *Why Shoot the Teacher?* and completes the story of Max's early years. It is also Braithwaite at his vintage best - lusty, thought-provoking, and consistently amusing.

nurturing you womens health wellness leita j harris md: Botanical Inspirations Deck & Book Set Lynn Araujo, 2017 In Victorian England, and in other cultures, flowers were used to convey specific meanings and messages, especially in the coy rituals of courtship. *Botanical Inspirations Deck & Book Set* brings together the Secret Language of Flowers with the treasured artwork of Pierre-Joseph Redout. Each Botanical Inspirations card features a thoughtful quotation that alludes to the symbolism of the flower. The accompanying guidebook presents inspirational affirmations and narrative vignettes culled from history, mythology, lore and legend. From the demure violet to the noble magnolia, all flowers have stories to tell and lessons to share. This charming gift set includes: 44 cards with quotations and flower meanings 100-page illustrated guidebook with messages of insight and inspiration Fold-out guide to the Secret Language of Flowers Drawstring organza pouch

nurturing you womens health wellness leita j harris md: Assessment in Music Education Martin Fautley, 2010-01-14 This book discusses assessment and its role in teaching and learning music in the classroom. For improving learning and raising standards, it puts the case for formative assessment, day-by-day, rather than summative assessment at the end of key stages. The advice is relevant to classroom and instrumental teachers, and the academic community.

nurturing you womens health wellness leita j harris md: Pixie's Astounding Lenormand Edmund Zebrowski, 2015 Lovingly created with artwork from the Smith-Waite Tarot deck and *The Golden Vanity*, this charming 36-card petit Lenormand deck pays tribute to Pamela Colman Smith. The 132-page booklet includes keywords and expanded meanings for Love and Career issues. This unique Lenormand deck comes in an adorable tin.

nurturing you womens health wellness leita j harris md: A Privilege and a Pleasure Max Braithwaite, 1973-01-01

nurturing you womens health wellness leita j harris md: Eight Coins' Tattoo Tarot Lana Zellner, 2018 This vividly illustrated deck follows the artistic development of tattoo artist and designer Lana Zellner. The 82-card deck includes all of her original tarot art plus four new cards painted specially for this edition. The cards feature art forms and iconic imagery from both tattoo and tarot traditions, all hand drawn and painted using the watercolor painting style of spitshading. The 188-page book presents full-color, enlarged illustrations for each Eight Coins' card, along with Lana's descriptions and unique tarot insights. Set includes: 82 cards 188-page full color book Eight Coins' Tattoo Tarot Rose Spread About the Artist Lana Zellner is a tattoo artist, painter and designer based in Missoula, Montana. Pulling from her former work as an architect, Lana's tattoo art is focused on line-work, bold design elements and detailed ornamentation. She enjoys incorporating her spiritual interests into her artwork. Lana has been reading tarot cards since she was 12 years old.

nurturing you womens health wellness leita j harris md: Oracle of Visions Ciro Marchetti, 2014 The lush Victorian-influenced images of the Oracle of Visions deck provide unique perspectives for insightful divination and meditation. The imaginative scenes encourage us to set aside pre-conceived ideas and investigate the choices, decisions, and consequences we face each day. Set includes 52 cards and 140-page booklet.

nurturing you womens health wellness leita j harris md: Motherpeace Tarot Guidebook

Karen Vogel, 1995 Karen Vogel offers her personal interpretation of the Motherpeace Round Tarot deck. An indispensable guidebook for anyone interested in earth-based culture or women's spirituality. 128 pp., bandw illus., pb.

nurturing you womens health wellness leita j harris md: Spiritsong Tarot Paulina Cassidy,

2017-10 This Spiritsong deck is a melding of two traditions of divination: one in which animals are seen as guides between our world and the spirit world, and one that uses 78 cards as a tool to connect with our highest self. Each animal was specifically selected based upon Shamanic and Native American symbolism, merging each animal's unique power with classic tarot practices. For example, the Spiritsong animal, Raven, has attributes such as 'creation' that parallels some of the same symbolic tarot attributes of the traditional Magician card, which is why the Raven is the animal representing that card. The Spiritsong Tarot structure is based on the traditional tarot, containing the 22 Majors, the 56 Minors, and four suits: Acorns for Wands/Fire; Feathers for Swords/Air; Shells for Cups/Water; and Crystals for Pentacles/Earth.

nurturing you womens health wellness leita j harris md: The Celtic Shaman's Pack John

Matthews, Chesca Potter, 1995-01 Designed to help the user find answers to deep questions, The Celtic Shaman's Pack is an innovative, visionary tool for the modern shaman and a valuable resource for self-discovery and empowerment. The pack includes an introductory book and a deck of forty original cards, stunningly illustrated with Celtic images that depict the mystical realm of the shaman.

nurturing you womens health wellness leita j harris md: Fairy Tale Lenormand Arwen

Lynch, Lisa Hunt, 2016 Fairy Tales have been teaching us timeless life lessons for centuries. Lisa Hunt's enchanting artwork draws us into the magical world of peasants and princesses, dragons and daring deeds. By weaving imaginative myths into the Lenormand structure, Fairy Tale Lenormand helps readers connect with the cards in meaningful and memorable ways. The 38-card multicultural deck, presented in a treasure chest tin, includes extra Gentleman and Lady cards for personalized readings. Arwen Lynch's delightful 120-page booklet, with foreword by Lenormand expert Donna Leigh de LaRose, cleverly relates familiar fairy tales to the Lenormand meanings. Booklet includes illustrated instructions for reading with Crossroads Spreads, Tower Spreads, and Happily Ever Afters. Are you ready to peer into your own life fairy tale through the reflective eyes of the Fairy Tale Lenormand? Artist Lisa Hunt has prepared an oracle that will show you the storybook images parallel in your own life as told through the mirror

nurturing you womens health wellness leita j harris md: Never Sleep Three in a Bed Max

Braithwaite, 2013-10-15 A book as rollicking and exuberant as the boyhood pleasures and perils it recalls, *Never Sleep Three in a Bed* combines humour and realism in a nostalgic but unsentimental journey into Max Braithwaite's—and Canada's past. From the pinnacle of his remarkable writing career, the popular author and humorist casts a perceptive eye over the world he shared with his family and friends in western Canada during the first quarter of the twentieth century. That world comes to life in vivid anecdotes of how things were. Highly entertaining and unexpectedly thought-provoking, this is Max Braithwaite at his impressive best. *Never Sleep Three in a Bed* is the first book in an autobiographical trilogy.

nurturing you womens health wellness leita j harris md: Understanding African Music

Mandy Carver, Elijah Madiba, 2012

nurturing you womens health wellness leita j harris md: Buddhism Reading Cards Sofan

Chan, 2014-11-01 The Buddhism Reading Cards are designed as an easy and simple introduction to the fundamental teachings of Buddhism in a fun and practical way. Each card represents one fundamental, core principal of Buddhism. The cards are simple to use, each containing a wisdom that, like a glimmer of light, brings healing, direction and inspiration to your life. The peaceful Buddha image helps the wisdom to flow easily, gently penetrating your mind and spirit. By choosing the card that you most connect with, you can easily open up a way to positively communicate with your subconscious mind. You will find that the cards shine new light on situations by inviting inner

solutions that come easily from the energy, creativity and intelligence found within your own, deep being. The deck comprises 36 cards in total and is divided into four sections.

nurturing you womens health wellness leita j harris md: Earth Warriors Oracle , 2021 A new world is being born. It is founded on love and awareness, releasing the knots of fear and hate. Our new reality is gaining ground, yet during this precious transitional moment of birth, it needs protectors. Earth Warriors are guardians of this new world, inspiring humanity to prosper and thrive in loving harmony with the wisdom of life. Defying convention and living from the heart, Earth Warriors urge humanity forward with enormous positivity and passion for meaningful contribution and sacred purpose. Ready to act for truth, Earth Warriors shine light into darkness when those who trade in fear wish to keep it hidden. Earth Warriors are wise, wild and willing to crack open mainstream conditioning with their loving consciousness of freedom. They are bright lights, creative visionaries and sacred custodians of the souls of Earth and the human collective. -- back of box.

nurturing you womens health wellness leita j harris md: **Isis Oracle** Alana Fairchild, 2016

nurturing you womens health wellness leita j harris md: **Ancestral Path Tarot** Tracey Hoover, Julie Cuccia Watts, 1996 Tracey Hoover examines the legends and traditions that inspired Julie Cuccia-Watts' Ancestral Path Tarot deck. The book highlights the paths that readers may travel along to discover the teachings of our ancestors.

nurturing you womens health wellness leita j harris md: Cosmic Tarot Norbert Losche, 1993 These unique designs convey ancient knowledge to today's readers. This meaningful deck features detailed readers. This meaningful deck features detailed renderings of familiar figures.

nurturing you womens health wellness leita j harris md: **Wild Kuan Yin Oracle** Alana Fairchild, 2016

Additional Resources

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