

● *off the shelf* ●

with Linda Drummond



## **Natural Woman: Look Radiant, Feel Young, Beat Stress**

*by Penelope Sach (Penguin, \$29.95)*

If you're keen to simplify your life then this cute little book could be your new guide. It's filled with tips, hints and 100 simple recipes to give your life a healthy boost. Penelope Sach is a naturopath, homeopath and herbalist, so you can feel pretty confident that she knows her stuff. The book is comprehensive and covers just about every condition you can think of. Whether you're after a natural remedy to banish a headache, or a way to ease yourself through menopause, *Natural Woman* can help you thrive, naturally.