

RESTORING YOUR BALANCE, LLC

BRANDI ROBERTSON, MSPT



WOMEN'S HEALTH PHYSICAL THERAPY

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WWW.RESTORINGYOURBALANCE.COM

PHONE: 231.855.3330

Recommended Reading

A Headache in the Pelvis
by David Wise and Rodney Anderson

Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food
by Jessica Seinfeld

Dr. Susan Love's Menopause and Hormone Book
by Susan Love

Eat Clean Diet for Family and Kids
by Tosco Reno

Gorgeously Green
by Sophie Uliano

Hormones and the Mind: A Woman's Guide to Enhancing Mood, Memory, and Sexual Vitality
by Edward L Klaiber MD

How To Raise Children Without Breaking Your Back
by Holly Herman and Alex Pirie

I Laughed So Hard I Peed My Pants
by Kelli Berzuk

Master Your Metabolism
by Jillian Michaels

Screaming to be Heard: Hormonal Connections Women Suspect, and Doctors Still Ignore
by Elizabeth Vilet

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The Grains Cookbook
by Bert Greene

Your Best Birth: Know All Your Options, Discover the Natural Choices, and
Take Back the Birth Experience
by Ricki Lake

The Truth About Hormone Replacement Therapy: How to Break Free from
the Medical Myths of Menopause
by National Women's Health Network

The V Book: A Doctor's Guide to Complete Vulvovaginal Health
by Elizabeth Stewart MD

Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health
and Healing
by Christine Northrup, MD

You Can Heal Your Life
by Louise L. Hay