

Most Notable Books of 2021

BY CAMILLE HOVE, ALY WALANSKY, DEC 5, 2021

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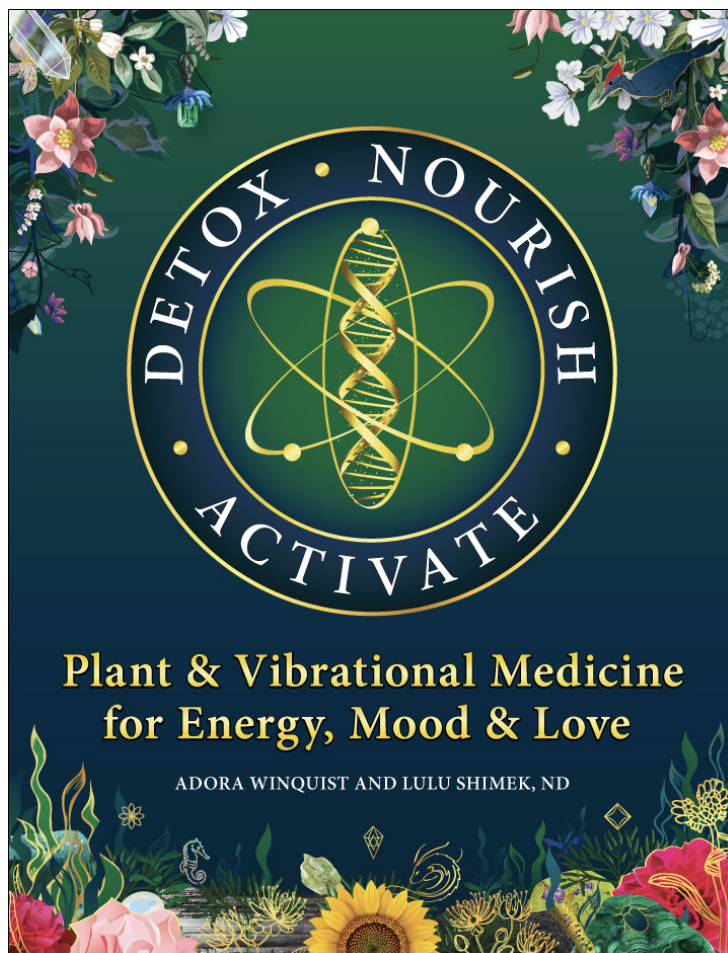
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Detox Nourish Activate by Dr. Lulu Shimek and Adora Winqvist

Sometimes we don't even know where to start in feeling better, and this book shares creative tools and techniques ranging from herbal medicine to aromatherapy, crystals, meditations and mindfulness exercises. It's not about something as straightforward as medicine, but healing the entire body, from the inside out, and that involves a self-healing journey on a physical, emotional and energetic level. It's a very empowering read!



Detox Nourish Activate: Plant & Vibrational Medicine for Energy, Mood, and Love