



Planetary Apothecary

Stephanie Gailing

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The Keys to Wellness Are Written in the Stars From impulsive Aries to balance-seeking Libra, methodical Virgo to sensitive Pisces, each astrological personality is distinct, with specific needs of body, mind, and spirit. In Planetary Apothecary, astrologer and nutritionist Stephanie Gailing offers a modern approach to the ancient healing art of medical astrology. You'll find wellness and lifestyle recommendations customized for your zodiac sign, including:

- Health-Supporting Foods and Eating Tips
- Spa and Wellness Therapies
- Relaxation Practices
- Yoga Poses
- Aromatherapy
- Natural Remedies
- Flower Essences

Filled with strategies and inspiration for nurturing body and soul, Planetary Apothecary brings the healing wisdom of the planets within reach to help you optimize your physical health and emotional well-being.

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