

LEGS UP!

*The Ultimate
Troubleshooting
Guide for
Your Vagina*



Gail S. King, MD

Legs Up The Ultimate Troubleshooting Guide For Your Vagina

Gail S. King



Legs Up The Ultimate Troubleshooting Guide For Your Vagina:

Legs Up!-The Ultimate Troubleshooting Guide for Your Vagina Gail S. King,2015-01-06 Leading gynecologist Dr Gail King presents a vivid description of the shocking breakdown that may be occurring in the muscle and tissue inside your vagina Legs Up gives you a wealth of actions to take before it s too late what to watch for and definitive treatment options Don t wait until OMG Something s hanging out Women of all ages reclaim your healthy lovely and sexy va jay jay **Holistic Goat Care** Gianaclis Caldwell,2023-04-03 Practical well written and comprehensive Read this book cover to cover or keep it handy as a reference for all aspects of goat care Sarah Flack author of The Art and Science of Grazing This one of a kind guide will empower even novice goat owners offering expert guidance on maintaining a healthy herd whether they are dairy meat fiber or pet goats Goats have provided humankind with essential products for centuries indeed they bear the noble distinction of being the first domesticated farm animal From providing milk and meat for sustenance and fiber and hides for clothing and shelter to carrying packs and clearing brush there isn t much that goats cannot do Managing goats successfully requires an understanding of how nature designed them to thrive including nutritional and psychological needs as well as how to identify a problem and intercede before it s too late For more than a decade Gianaclis Caldwell and her family have operated Pholia Farm Creamery an off grid raw milk goat cheese dairy In Holistic Goat Care Caldwell offers readers a comprehensive guide to maintaining a healthy herd of goats whether they are dairy goats meat goats fiber goats or pet goats Holistic Goat Care will empower even novice goat owners to confidently diagnose and treat most of the ailments that goats might experience For the experienced goat farmer the book offers a depth of insight and approaches to treatment not found in any other book Caldwell places special emphasis throughout on holistic natural and alternative approaches to caring for goats including information on Handling and managing goats using their natural instincts as an asset Developing good farm management practices such as appropriate housing and fencing systems and manure and mortality management Making feeding decisions based on understanding goats ruminant digestive system and their evolutionary needs Growing forage and garden crops as feed and utilizing wild browse Troubleshooting health problems based on assessing symptoms Implementing advanced health procedures such as pain control fecal testing and transplanting rumen microbes from healthy to sick goats Diagnosing treating and preventing more than 75 common goat ailments Whether your herd is two or two hundred this first of its kind comprehensive book will help you keep your goats healthy safe and productive and give you a deep and enjoyable insight into the wondrous creature that is the goat

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