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An inspiring and empowering guide to emotional freedom, from a Naturopathic Doctor who took charge of her own life and mental health. "This book should be on the shelves of every person struggling with their moods." Dr. Jonathan Prousky, ND, author of the Textbook of Integrative Clinical Nutrition

Book Review: Beyond the Label - 10 Steps To Improve Your Mental Health with Naturopathic Medicine

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"I have come to realize that there are 10 steps to mental wellness and there are more natural ways to treat mental "dis-ease" ". For the next few weeks on my blog I'm going to sharing wisdom from Dr. Christina and her beautiful new book, " Beyond the Label: 10 Steps to Improve your Mental Health with Naturopathic Medicine ".

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