

# On Luna Time: Amber Crawley's Journey to Self-Discovery and Healing



**On Luna Time** by Amber Crawley

★★★★☆ 4.4 out of 5

Language : English

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Text-to-Speech : Enabled



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| Paperback            | : 41 pages              |
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In her debut book, *On Luna Time*, Amber Crawley shares her personal journey of self-discovery and healing. Through her own experiences with the menstrual cycle, she has developed a unique approach to understanding and harnessing the power of the feminine rhythm.

Crawley believes that the menstrual cycle is a powerful tool for self-awareness and growth. By tracking her cycle and paying attention to the physical, emotional, and spiritual changes she experiences, she has gained a deeper understanding of herself and her needs.

"The menstrual cycle is a sacred journey," Crawley writes. "It is a time to connect with our bodies, our emotions, and our intuition. By embracing the cyclical nature of our bodies, we can learn to live in harmony with our own rhythms and find a deeper sense of balance and well-being."

Crawley's approach to menstrual cycle awareness is based on the principles of Traditional Chinese Medicine (TCM). TCM views the menstrual cycle as a reflection of the balance of yin and yang in the body. When yin and yang are in balance, the menstrual cycle is regular and pain-free.

However, when yin and yang are out of balance, menstrual problems can occur.

Crawley uses TCM principles to help women identify and address the root causes of their menstrual problems. She also offers a variety of natural remedies and lifestyle tips to help women support their menstrual health.

"On Luna Time is a must-read for any woman who wants to learn more about her menstrual cycle and how to use it as a tool for self-discovery and healing," says Dr. Christiane Northrup, author of *Women's Bodies, Women's Wisdom*.

If you are ready to embrace the power of your menstrual cycle, *On Luna Time* is an essential guide. Crawley's wisdom and insights will help you to understand your body and your needs better than ever before.

### **Here are some of the things you will learn from *On Luna Time*:**

- How to track your menstrual cycle and identify the different phases
- The physical, emotional, and spiritual changes that occur during each phase of the cycle
- How to use TCM principles to address menstrual problems
- Natural remedies and lifestyle tips to support menstrual health
- How to connect with your inner wisdom and intuition

*On Luna Time* is a powerful and transformative book that will help you to reclaim your feminine rhythm and live a more balanced and fulfilling life.

To learn more about Amber Crawley and On Luna Time, visit her website at [ambercrawley.com](http://ambercrawley.com).



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