



# Your Body and the Stars: The Zodiac As Your Wellness Guide

*M.D. Stephanie P. Marango MD, Rebecca Gordon*

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The first book of its kind, *Your Body and the Stars* is a fun, practical, and insightful handbook that takes a revolutionary approach to holistic wellness by unlocking the powers of the stars.

Do you suffer from neck pains? Go to the chapter on Taurus and the neck. How about sore knees? Learn preventive tips and exercises in the Capricorn chapter. *Your Body and the Stars* is the first comprehensive reference guide to go deep into the twelve zodiac signs and the specific body region each sign represents—from your head down to your toes. You can utilize this book by identifying your birth or sun sign and by the body region that needs healing attention. Each chapter integrates a self-directed program and holistic approach to health—both your emotional or mental well-being as well as the physical health of your body. Practical end-of-chapter tips, questions, and illustrated step-by-step exercises based on a mix of yoga, stretch and strengthening movements, and Pilates are provided for all levels.

*Your Body and the Stars* brings together a medically trained, holistic physician, Dr. Stephanie Marango, and a talented astrologist, Rebecca Gordon, whose horoscopes have appeared in *Elle* and on *Epicurious.com*. They combine their individual expertise to bring the twelve zodiac signs to physical life, providing a lifelong guide that can both prevent and self-heal, illuminating your head-to-toe healing connection to the cosmos.

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