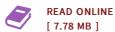




The Smart Woman's Guide to PMS and Pain-Free Periods (Paperback)

By Linda Woolven

John Wiley and Sons Ltd, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. An unabashed guide to symptom-free, drug-free periods For the 30 to 40 percent of women afflicted with PMS, traditional medicine can offer no genuine cures, only hormones, anti-depressants, and temporary pain-killers. Offering a practical, easy-to-implement plan for recovery from even the most debilitating forms of PMS, herbalist Linda Woolven outlines a natural powerhouse regimen of herbs, vitamins, minerals, and nutritional changes. A comprehensive guide to every aspect of women s menstrual and sexual health, the book also addresses menopause and osteoporosis. Combining scientific research and clinical experience with clear practical guidelines, this is an essential how-to health book for women of all ages. Linda Woolven (Toronto, ON, Canada) is the author of The Vegetarian Passport Cookbook (978-1-555041-331-1) and Healthy Herbs (978-1-555041-329-8).



Reviews

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