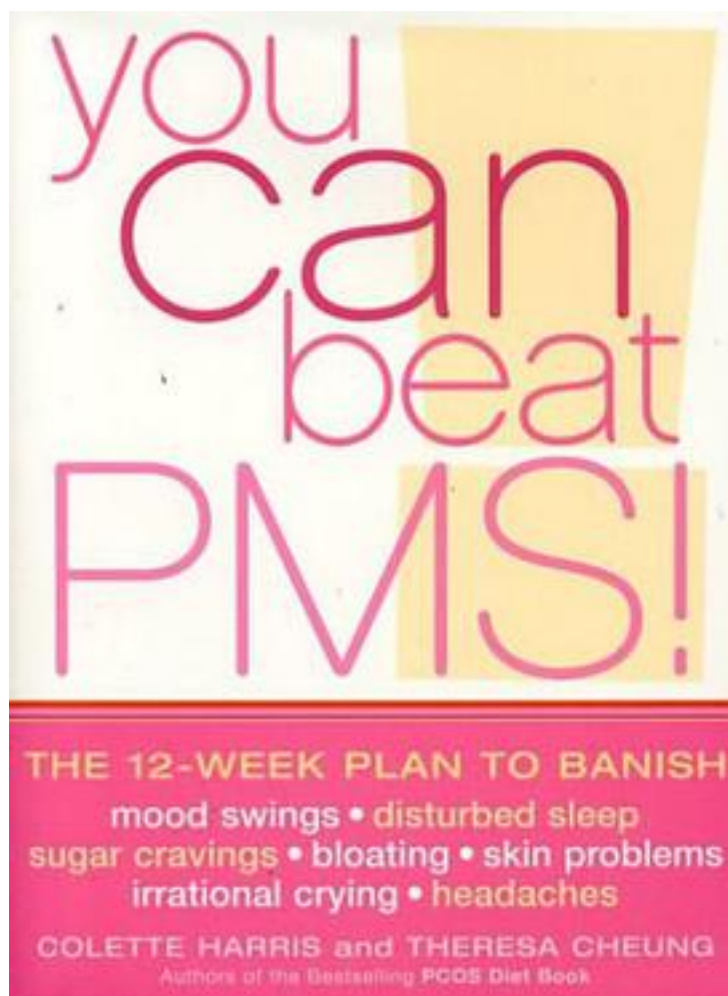


# You Can Beat PMS



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Beat the symptoms of PMS by making simple changes to your diet with this lively and authoritative self-help guide from the authors of the best-selling PCOS and PCOS Diet

Book. A must-have for all women who feel they're spending half their life feeling less than 100%, this book shows how you can get rid of discomfort and pain for good. This book, by the authors of the best-selling PCOS and PCOS Diet Book, reveals how simple changes can produce startling results, ridding you of pain and discomfort for good. A healthy lifestyle and good nutrition are the key factors in relieving PMS- without this, the many supplements on the market are ineffective. The easy-to-follow 12-week programme includes weekly information on nutrition, PMS-busting exercise, emotional well-being and vitality boosters such as supplements and mood-lifters. The book also explains the PMS cycle, telling you when is the best time to start the plan, when you will most likely feel like comfort eating, giving up or snapping at everyone- making it easier to stress-proof your life. The plan promises long-term results, with a maintenance plan to ensure life stays PMS-free after the 12 weeks are over. Also includes chapters explaining why PMS occurs and why the plan works, exploring the hormonal problems that PMS might point to, such as peri-menopause and PCOS, as well as an A-Z of symptoms and how to beat them so you can fine-tune the plan to suit you. Includes quotes from real women whose lives, relationships, families and jobs have been affected.

作者介绍:

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