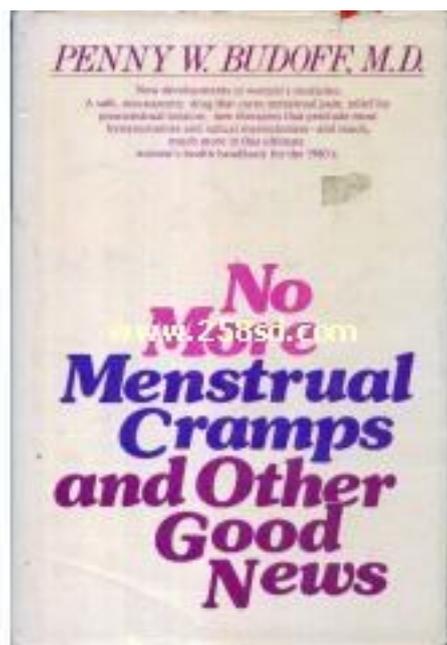


# No More Menstrual Cramps



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"Women's medicine" has always been a strange area of the medical profession; most doctors have tended to assume that the majority of women's physical problems were all in their heads--and treated them accordingly. But the real story is different. Menstrual pain, for instance, so often dismissed as "psychological" even in medical textbooks, has been proven to have a specific physical cause--and a specific remedy. When Dr. Budoff appeared on national television in 1979 and talked about her studies on a safe, non-narcotic drug that completely alleviated menstrual cramps, the stations were flooded with calls. For millions of suffering women, Dr. Budoff's research--which resulted in FDA approval of the drug for the pain of menstrual cramps--was a second lease on life. That's one of the stories in this book--but there is much, much more. Among the topics discussed are:

Premenstrual tension: And how a few simple changes in diet and a diuretic can relieve many of the symptoms; Estrogen replacement therapy: It's safer than you think; Contraception: Different methods for different ages, life-styles, and medical histories; Breast care: Mammogram, sonogram, or thermogram? Why radical mastectomies belong in the Stone Age;

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