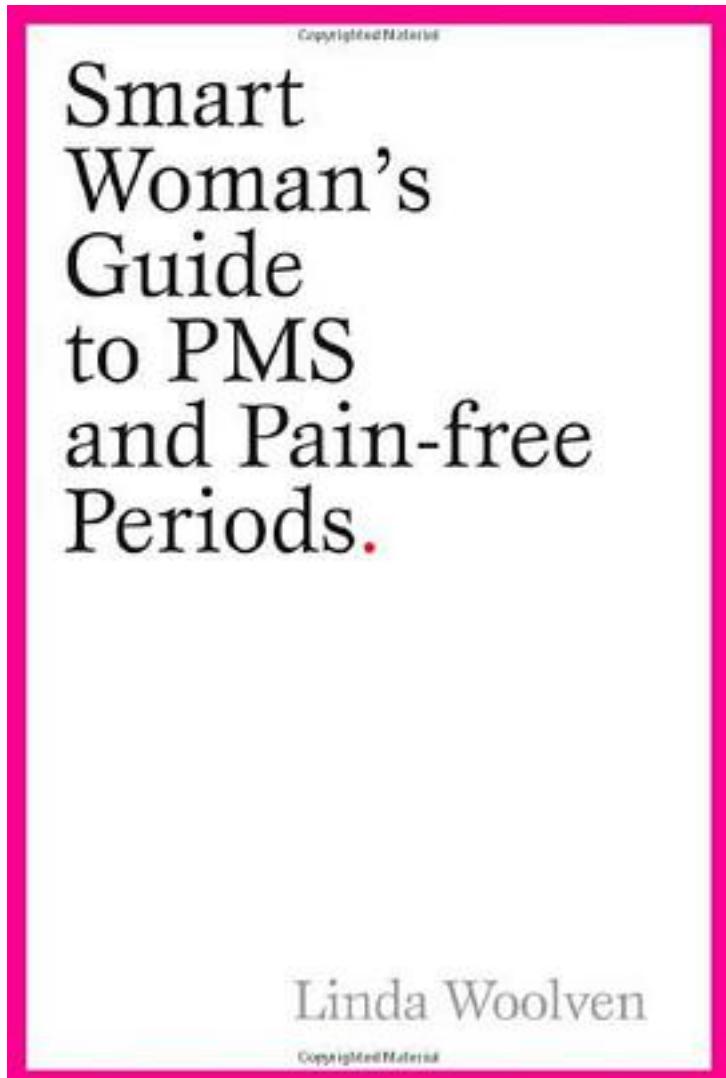


# The Smart Woman's Guide to PMS and Pain-Free Periods



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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).

作者介绍:

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