

Curing Premenstrual Tension Naturally

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Are Premenstrual Tension Symptoms Wrecking Your Well Being and Relationships? Are you tired of the mood swings, headaches, muscle, diarrhea, cramps, bloating, acne, breast sensitivity, food cravings and over all pain and misery that occurs in the days that lead up to the arrival of your period every month? Do you want to do something about this misery (also sometimes known as PMS - for premenstrual syndrome) but are leery of taking the birth control pills or antidepressants usually prescribed for premenstrual tension symptoms?

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