

Curing Premenstrual Tension Pms Naturally Ebook Mrr

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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? Then you need to read - Curing Premenstrual Tension Naturally === FREE BONUS - Plus you get to choose a FREE Bonus Gift from any product I have in my Tradebit Store! {One of equal or lesser value.} In Curing Premenstrual Tension Naturally I discuss potential solutions and ways of coping with condition such as: = How you can change your eating patterns so your symptoms are not as severe = How Tai Chi and Yoga benefit your body while it is going through this important life change = How taking wild yam can help regulate your metabolism and make you feel better in general = How sprinkling brewer's yeast on your cereal in the morning can assist you with bad PMS symptoms = The vegetables that you can eat that are natural diuretics and can help you expel water to reduce the bloating associated with PMS = An explanation of the role that salt intake can play in making your condition better or worse = How to decide whether or not birth control therapy is for you = What the risks are to your health if you should decide to take antidepressants = Why it is constant but not heavy exercise that can help your body get rid of any excess weight gain = How to increase the rate of metabolism in your body as the decrease in hormones slows it down just before you get your period = What you can do to relieve stress on your heart and blood pressure that is caused by hormonal changes and allay some anxiety = The precise yoga postures that can help you reduce tension weight gain and bring back your sexual desire = How to condition your breathing to control the anxiety and moodiness associated with PMS and PMT = How a regimen of meditation can help treat major symptoms - especially fatigue and mood swings = How aromatherapy can play a role in counteracting some of the symptoms associated with PMS = The three best aromatherapy oils that can be absorbed through the skin to help allay mood swings and other PMS symptoms = How eliminating sugar and caffeine from your

diet can help with the symptoms of PMS = How sleeping for this particular number of hours a night can help eliminate the symptoms of premenstrual tension = The number of ounces of water that you should drink a day to get rid of those symptoms of PMS = What essential nutritional supplements you should be taking to banish PMS = Which herbs are most effective for fighting premenstrual tension = How acupuncture is used nowadays as a therapy for PMS = How taking herbs that nourish the endocrine system can help you master the symptoms of premenstrual tension = A list of herbal teas that can help you manage the symptoms of PMS more effectively = How evening primrose oil and starflower oil can help your symptoms thanks to the presence of this rich source of gamma oils = How drinking juiced fruits and vegetables can help you combat hormonal changes associated with PMS = What omega 3 and omega 6 fatty acids can do to allay your PMS symptoms == For Complete Details and to view a copy of the Professionally designed Web Page like the one you will receive with this package just click on the "Download free Preview" link in the upper/left corner of this page....! = A separate page will open.

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