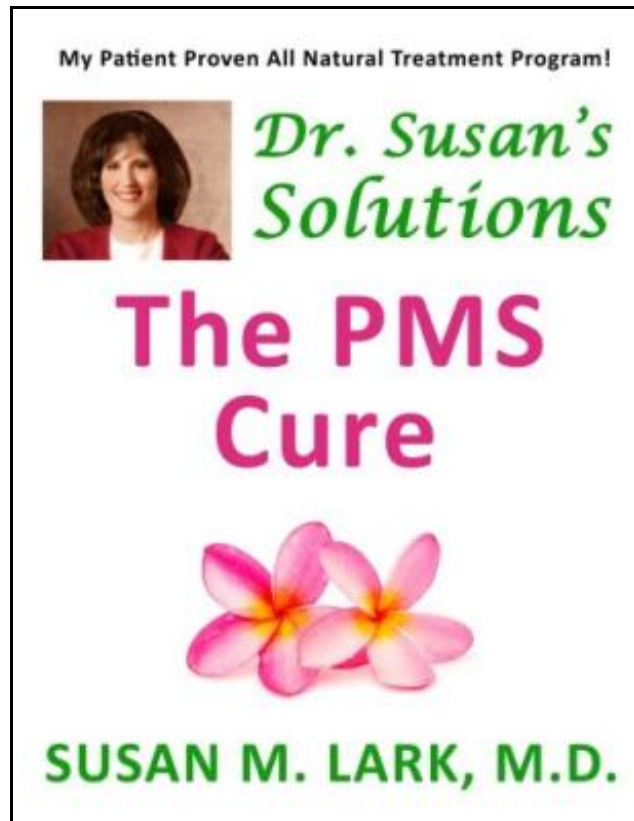


## Dr. Susans Solutions: The PMS Cure



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- Important information to help you identify the causes and risk factors of anxiety, irritability, mood swings, food cravings, bloating, weight gain, fatigue, acne, cramping and dozens of other symptoms of PMS and how to correct them.
- Very helpful workbook for evaluating your own symptoms and questionnaires to assess your risk factors including stress, diet, and physical fitness factors.
- Her delicious PMS relief diet including menus, meal plans and scrumptious, high nutrient recipes that eliminate PMS symptoms and promote radiant health and well-being. Dr. Lark has included both vegetarian emphasis, high complex carbohydrate recipes as well as high protein, meat-based recipes, depending on the type of diet that your body needs most for optimal health.
- Many helpful charts including the foods that contain PMS relieving nutrients, PMS food shopping list and substitution charts for high...



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