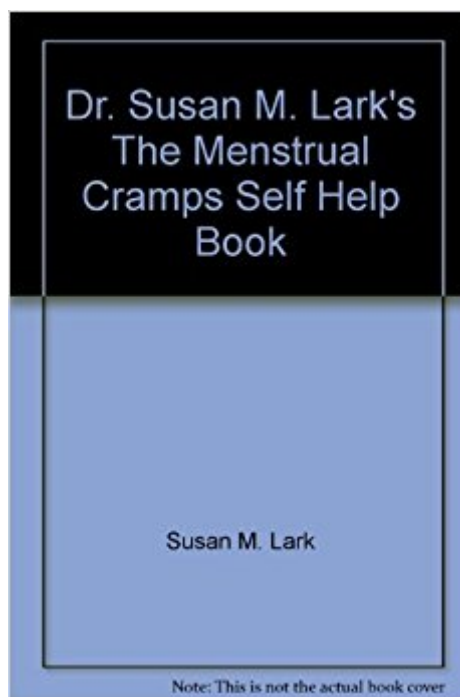




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Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions For Pain & Discomfort Due To Menstrual Cramps & PMS



Synopsis

Susan M. Lark, M.D., is one of the foremost authorities in the field of women's health care & preventive medicine. In this illustrated book, she provides information on the prevention & treatment of menstrual cramps, including: help in understanding what menstrual cramps are, as well as their symptoms, causes, & diagnosis; a workbook designed to assist you in identifying the important symptoms & risk factors, & then help you to create a tailor-made program to alleviate those symptoms; effective self help programs including detailed information on vitamins, minerals, & herbs, diet, meal plans, & recipes, acupuncture, yoga, breathing exercises, & stress reduction techniques; & information on current medical treatments & drug therapies.

Book Information

Paperback: 216 pages

Publisher: Diane Pub Co (January 1, 1995)

Language: English

ISBN-10: 0756768047

ISBN-13: 978-0756768041

Package Dimensions: 8.5 x 8.4 x 0.6 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

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