



The PMS Cure

Susan Richards M.D.

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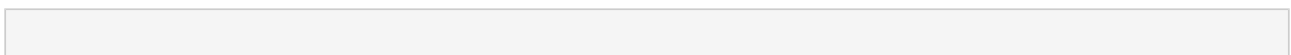
The PMS Cure Susan Richards M.D.

Do you want to enjoy healthy, regular menstrual periods without the mood swings, irritability, depression, weight gain, bloating, food cravings and bingeing, acne and cramping commonly experienced with PMS? Then, The PMS cure is the one book that you must have!

Written by Susan Richards, M.D., best selling author and one of the most renowned alternative medicine experts, this incredible guide to healing from PMS contains her all natural treatment program that has helped many thousands of her PMS patients gain dramatic relief from their debilitating and uncomfortable PMS symptoms. Dr. Richards program is the most effective and fast acting all natural treatment program available for PMS relief. The book also includes her expert knowledge of the most up-to-date medical and alternative therapy research in this field.

In this essential and complete guide to healing from PMS, Dr. Richards shares:

- 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. Richards 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 stress foods and ingredients that worsen PMS symptoms.
- The best and most effective vitamins, minerals, herbs, essential fatty acids and amino acids to relieve PMS symptoms, their therapeutic dosages and recommendation for use; essential guidelines on how to best use supplements; and a very beneficial sample nutritional supplement formula for PMS relief.
- Many wonderful stress relief exercises and meditations that will promote a balanced and positive mood and hormonal balance throughout the entire month.
- PMS relieving stretches, exercise guide, acupressure massage points, neurolymphatic and neurovascular points for PMS relief, fully illustrated with helpful pictures and diagrams.
- Authoritative, in-depth discussion of the drugs and hormones prescribed for PMS, their benefits and side effects.



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