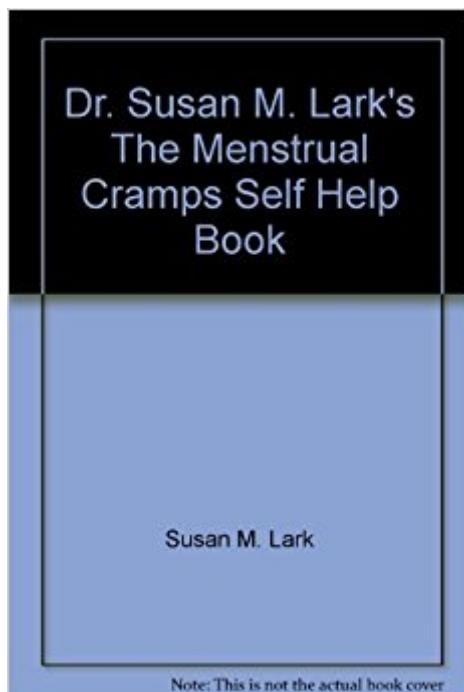


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# **Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions For Pain & Discomfort Due To Menstrual Cramps & PMS**



## 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, acupressure, yoga, breathing exercises, & stress reduction techniques; & information on current medical treatments & drug therapies.

## Book Information

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