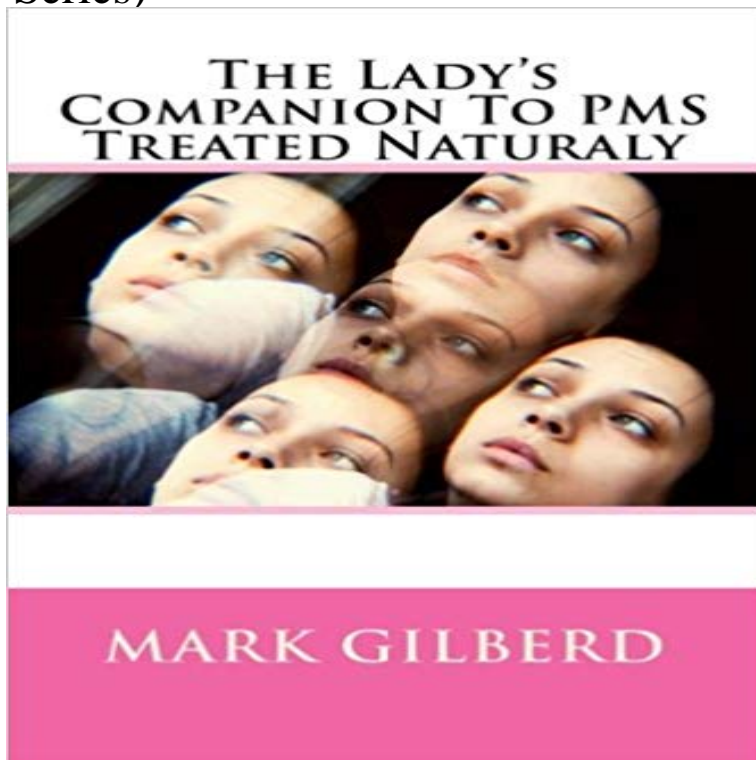


The Ladys Companion To PMS Treated Naturally (Ladys Companion Series)



This book gives you Herbal, Homeopathic and Nutritional Treatment for the main Complaints of PMS. This book started over a decade ago as a Kit including Homeopathic Complexes with Estrogen and Progesterone along with a Symptoms Diary and was designed for people living in remote areas without much in the way of medical help. The Diary especially helped when a Specialist turned up for by that time troublesome symptoms would be showing a pattern and it had become a valuable diagnostic tool. The formulas for the Complexes are supplied for you to duplicate along with the original instructions for their use.

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