



Period Repair Manual: Natural Treatment for Better Hormones and Better Periods

Lara Briden ND

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What's happening with your period?

Does it come every month? Does it come at all? Is it heavy or painful or difficult in some way? Maybe you've just come off the pill, or are thinking about coming off the pill.

No matter your age or your situation, it's time to get to know your period. There is no better time to do so.

Period Repair Manual is your guide to healthier periods using natural treatments such as diet, nutritional supplements, herbal medicine, and bioidentical hormones. It is a practical, user-friendly manual suitable for women of every age.

Topics include: *How to Come Off the Pill, What Your Period Should Be Like, What Can Go Wrong, and How to Talk to Your Doctor.*

The second half of the book is a comprehensive treatment guide including General Maintenance, and treatment protocols for specific period problems such as PCOS, PMS, heavy periods, endometriosis, and more.

Written by a Naturopathic Doctor with more than 18 years experience, this book is a compilation of *everything that works* for hormonal health.

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Brian Roberts:

In this 21st centuries, people become competitive in most way. By being competitive right now, people have do something to make them survives, being in the middle of often the crowded place and notice simply by surrounding. One thing that at times many people have underestimated it for a while is reading. Yes, by reading a publication your ability to survive increase then having chance to stay than other is high. For you personally who want to start reading a new book, we give you this particular Period Repair Manual: Natural Treatment for Better Hormones and Better Periods book as beginning and daily reading e-book. Why, because this book is greater than just a book.

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As people who live in the actual modest era should be change about what going on or facts even knowledge to make them keep up with the era which is always change and move ahead. Some of you maybe will certainly update themselves by studying books. It is a good choice in your case but the problems coming to you actually is you don't know which you should start with. This Period Repair Manual: Natural Treatment for Better Hormones and Better Periods is our recommendation to help you keep up with the world. Why, because this book serves what you want and want in this era.

Gary Games:

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