



# The PMS Cure

*Susan Richards M.D.*

Download now

[Click here](#) if your download doesn't start automatically

# The PMS Cure

*Susan Richards M.D.*

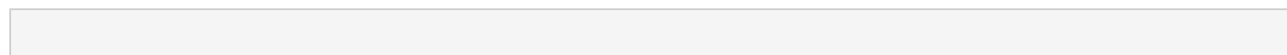
## **The PMS Cure** Susan Richards M.D.

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.



 [Download The PMS Cure ...pdf](#)

 [Read Online The PMS Cure ...pdf](#)

## **Download and Read Free Online The PMS Cure Susan Richards M.D.**

---

### **From reader reviews:**

#### **William Duhon:**

Information is provisions for anyone to get better life, information today can get by anyone with everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider when those information which is in the former life are challenging to be find than now is taking seriously which one is suitable to believe or which one the particular resource are convinced. If you get the unstable resource then you obtain it as your main information it will have huge disadvantage for you. All those possibilities will not happen within you if you take The PMS Cure as your daily resource information.

#### **Rosalie Cox:**

A lot of people always spent their particular free time to vacation or maybe go to the outside with them family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that is look different you can read the book. It is really fun for you personally. If you enjoy the book which you read you can spent all day every day to reading a publication. The book The PMS Cure it doesn't matter what good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. If you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not to fund but this book possesses high quality.

#### **Flora Gordon:**

People live in this new moment of lifestyle always make an effort to and must have the spare time or they will get lot of stress from both everyday life and work. So , once we ask do people have spare time, we will say absolutely without a doubt. People is human not just a robot. Then we question again, what kind of activity do you possess when the spare time coming to an individual of course your answer may unlimited right. Then ever try this one, reading ebooks. It can be your alternative within spending your spare time, typically the book you have read is usually The PMS Cure.

#### **Curt Stewart:**

Can you one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Make an effort to pick one book that you find out the inside because don't evaluate book by its include may doesn't work the following is difficult job because you are afraid that the inside maybe not while fantastic as in the outside appear likes. Maybe you answer is usually The PMS Cure why because the wonderful cover that make you consider regarding the content will not disappoint anyone. The inside or content is fantastic as the outside or maybe cover. Your reading 6th sense will directly direct you to pick up this book.

**Download and Read Online The PMS Cure Susan Richards M.D.  
#8UBJLX5T6V3**

## **Read The PMS Cure by Susan Richards M.D. for online ebook**

The PMS Cure by Susan Richards M.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The PMS Cure by Susan Richards M.D. books to read online.

### **Online The PMS Cure by Susan Richards M.D. ebook PDF download**

**The PMS Cure by Susan Richards M.D. Doc**

**The PMS Cure by Susan Richards M.D. Mobipocket**

**The PMS Cure by Susan Richards M.D. EPub**