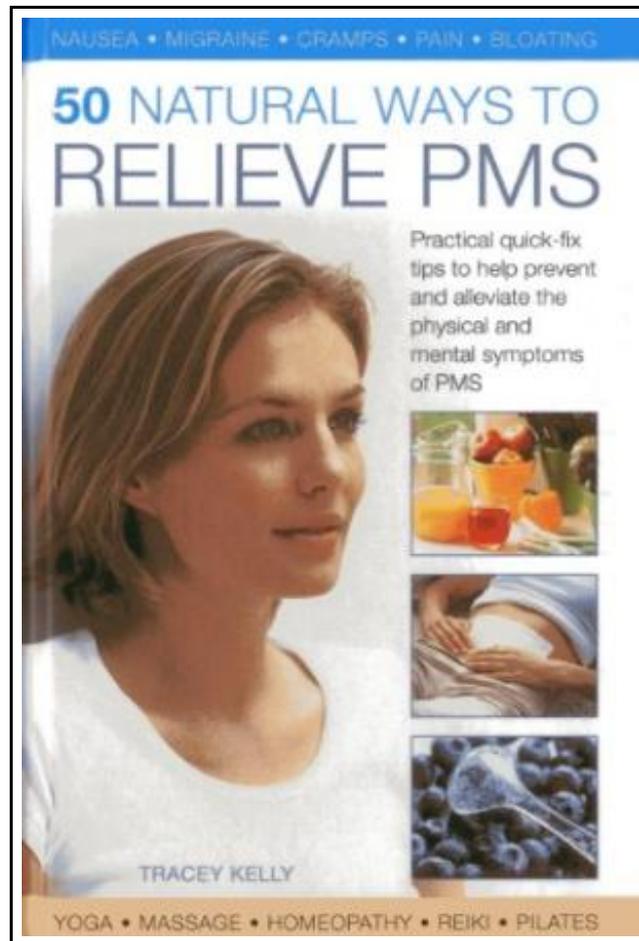


## 50 Natural Ways to Relieve PMS: Practical Quick-fix Tips to Help Prevent and Alleviate the Physical and Mental Symptoms of PMS



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## 50 NATURAL WAYS TO RELIEVE PMS: PRACTICAL QUICK-FIX TIPS TO HELP PREVENT AND ALLEVIATE THE PHYSICAL AND MENTAL SYMPTOMS OF PMS



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, 50 Natural Ways to Relieve PMS: Practical Quick-fix Tips to Help Prevent and Alleviate the Physical and Mental Symptoms of PMS, Tracey Kelly, This title includes practical quick-fix tips to help prevent and alleviate the physical and mental symptoms of PMS. You can overcome PMS and beat those monthly blues with these 50 fail-safe therapies that show you how to balance your hormones using natural techniques. Features: body-balancing foods and drinks, from binge-curbing foods and relaxing herbal teas to smoothies and fruit juices; beneficial foods to reduce craving, nausea and bloating as well as to combat water retention and migraine; symptom-easing exercises, such as yoga, Pilates and aqua aerobics, as well as calming treatments like pine and rosemary rub, and rose and jasmine soother; pain-easing therapies, including massage, homeopathy, reflexology, Reiki and crystal healing; and step-by-step treatments to relieve specific symptoms. Many women experience the unpleasant symptoms of PMS on a regular basis, and it can be difficult to cope with life when suffering from the wide range of physical and emotional changes that can occur before and during menstruation. This book provides helpful advice on preventing and treating PMS with natural cures and therapies. Divided into six easily accessible chapters, the book provides 50 practical ways to deal with the problems associated with PMS, from physical symptoms such as headache, fatigue, cystitis, breast pain, abdominal cramping, bloating, cravings, backache and fluid retention to emotional responses like anxiety, depression, irritability and stress. The treatments are all natural and include complementary therapies, and there are suggestions for relaxation and meditation techniques and herbal remedies. This easy-to-use guide is an invaluable aid to preventing and treating a complex condition.



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