

Use ice packs



Perform
aromatherapy



Drink raspberry
infusions



Eat iron-rich
foods



Supplement
with vitamins



How to Stop HEAVY PERIODS

Heal with herbs



Prepare yarrow
tea



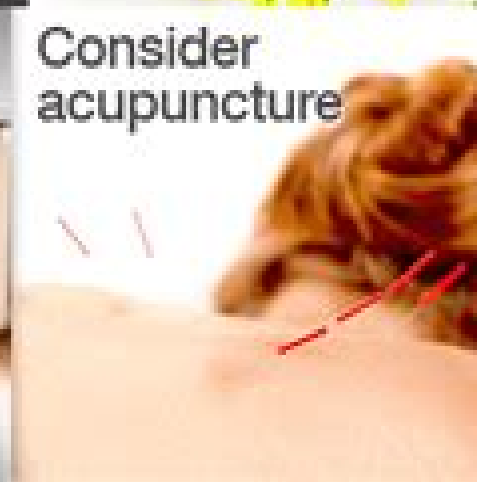
Consume a
valerian and
cramp bark
cocktail



Exercise and
meditate
regularly



Consider
acupuncture



Natural Ways To Relieve Heavy Menstrual Flow And Anemia

Jin-Ying Zhang



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