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Being a Woman - Naturally Janet McBarron,2010-04-28 This well researched book advises all health conscious women of any age how to benefit by applying Dr McBarron s philosophies and natural product recommendations In Part One she provides healthy alternatives to HRT and other hormone issues useful tips for preventing osteoporosis and the heart smart action plan to help reverse heart disease In Part Two she discusses preserving our natural beauty through out our lives In Part Three she details health rejuvenators exercise spiritual and emotional health and diet In Part Four she concentrates on specialized health issues including PMS candida healthy thyroid function UTIs and painful joints

You Can Beat PMS! the 12 Week Plan Colette Harris,Theresa Frances Cheung,2004 Outlines a twelve week plan that focuses on nutrition exercise vitality boosters and emotional mood lifters using quotes from real women to offer inspiration and advice to PMS sufferers

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