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COLETTE HARRIS and THERESA CHEUNG

Authors of the Bestselling PCOS Diet Book

You Can Beat Pms

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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

The 17 Day Diet Breakthrough Edition Dr Mike Moreno, 2014-01-02 The New 17 Day Diet Breakthrough is a complete revision of Dr Mike Moreno's bestselling *The 17 Day Diet* incorporating state of the art research and techniques to help dieters lose weight faster and in the places they want Adding three brand new chapters new strategies and more recipes Dr Moreno ensures that his simple 17 day plan gives new dieters the most up to date scientific tools to help them lose weight fast whilst giving veteran 17 Day Dieters more control and more choices as they shed pounds or maintain their ideal weight Unlike many diet programmes that starve you down to size Dr Moreno's revolutionary programme changes your calorie count and the foods you eat every 17 days The variation keeps your metabolism guessing so you burn fat every day In addition the book contains a 17 minute exercise programme that targets specific body parts for fat reduction information on nutritional spot reduction and contour foods foods that are metabolic boosters fluids like green tea that increase satiety and meal timing plus lots of new recipes inspiring testimonials and answers to frequently asked questions

Balance Your Hormones Patrick Holford, Kate Neil, 2012-09-20 Unbalanced hormones play havoc with women's lives and cause problems ranging from PMS and endometriosis to fibroids breast cancer and menopausal problems In **BALANCE YOUR HORMONES** Patrick Holford explains how by making simple changes to your diet and lifestyle you can restore the natural hormone balance in your body and return to a state of good natural health **BALANCE YOUR HORMONES** is packed with practical advice backed up by the latest scientific research which continues to reveal new understanding of the role of food nutrition and environment in hormonal health The new chapters cover how hormones work why hormonal problems are on the increase what you can do to promote your own hormonal health safe natural strategies for restoring maintaining and promoting your health nutritional advice for preventing and overcoming problems associated with hormonal imbalance and the problems associated with the synthetic hormones used in the Pill and HRT and how to overcome them naturally

Body Drama Nancy Amanda Redd, 2007-12-27 You'd think a Miss America swimsuit winner would feel completely confident about her body right Not always So I decided to write the book I wish I'd had as a teen and in college an honest funny practical medically accurate totally reassuring guide to how women's bodies actually look smell feel behave and change Alongside real deal photographs of women just like you and me no airbrushing no supermodels no kidding you'll find medical pictures of things you need to be able to recognize true confessions by yours truly and the encouragement you need to appreciate the uniqueness strength and beauty of your body What are you waiting for Nancy Redd From fashion magazines to taboo Web sites curious young women have access to tons of old wives tales about and thousands of airbrushed and inaccurate images of the female body misinformation and harmful portrayals that can lead to low self esteem self

destructive acts or even disturbing plastic surgery procedures Teaming up with a leading physician specializing in adolescent health issues Harvard graduate and former Miss Virginia Nancy Redd now offers a down to earth healing and reassuring response to those damaging myths In *Body Drama* Redd gives girls insight into the issues they re often too ashamed to raise with a doctor or parent She also reveals her own experiences with the culture of American beauty and shows readers all the many versions of normal From body hair and bras to acne and weight issues along with crucial issues such as the importance of a healthy self image *Body Drama* is a groundbreaking book packed with informative fast facts FYIs how tos and moving personal anecdotes as well as hundreds of un retouched photographs A highly visual book it s the first of its kind for women filled with real information and real photographs of real bodies to celebrate all our different shapes and sizes Named by *Glamour* magazine as one of America s top ten college women most likely to succeed at anything Redd has spent the most recent years of her life on a mission to tackle the issues least discussed but most significant in young women s lives Celebrating the many versions of normal and replacing seriously erroneous information with the honest medically proven truth in a language all girls can understand *Body Drama* dares to empower a new generation with facts instead of fantasies and the priceless gift of self knowledge

Carlson Wade's PMS Book Carlson Wade,1984 *SOS for PMS* Lissa DeAngelis,Molly Siple,1999 The cure for PMS can be as close as the refrigerator according to natural food chef De Angelis and and nutritionist Siple authors of *Recipes for Change*

Premenstrual Syndrome Susan R. Gregson,2000 Discusses premenstrual syndrome or PMS its symptoms and treatments

Natural Prescriptions for Women The Editors of Prevention Health Books,2000-12-08 Presents a self care collection of non drug prescriptions for more than one hundred common health problems

PMS - Premenstrual Syndrome Ronald V. Norris,Colleen Sullivan,1987 *Fields and Battlefields* Hope Bagenal,1918

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 Drum ,2007 Fighting Disease Prevention Magazine,1984 The prevention and natural healing processes presented in this book compliment the guidance received from a physician in fighting disease *Farm Journal* ,1977 *Ladies' Home Journal* ,1927 **Ginger** ,1915 **The Lazy Girl's Guide to Good Health** Anita Naik,2002 Written in a light hearted yet authoritative way this is the essential guide for every girl who wants to improve her life and her health **Red Book Magazine** ,1999-02

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