



THE PMT CURE - PMT REVERSING THE CURSE: Help for PMS

By Kate Marie Walker

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For the many woman who suffer chronic PMS and PMT the PMT Cure - "PMT Reversing the curse" can be a relationship and in some instances life saver. Written by Kate Walker who herself suffered chronic PMT she describes the emotional and mental rollercoaster that affected her for up to two weeks every month when the PMT was sometimes so bad suicide seemed an option. The Book PMT-Reversing the curse documents how she cleared herself of mood swings, bloating, skin problems, painful heavy periods, irritability and tension and eventually got free of all PMT symptoms. The book outlines how after years of trying "everything" recommended and finding that that nothing worked she took things into her own hands studying nutrition and herbal medicine to find an answer to her health. The book proclaims that there is real help for PMS! PMT-Reversing the curse presents an authentic solution to the symptoms of severe PMT and PMS.

With this book you can once again be "your normal self - only better" - every day of the month.

You'll want to follow the easy eating plan as you see results and wave goodbye to PMS looking and feeling at your very best with the balanced moods you deserve, better energy, clearer skin, brighter eyes and due to the combination of hormone balancing foods - easier weight loss with no more bloating.

This is a book to keep close to hand on your kindle or phone and refer to often as you quickly get back in charge of your moods and your health. This is a plan you can rely on to work for you.

"I can honestly say I have never felt or looked better since I began following the plan in the book PMT-Reversing the curse - I just wish I had found it years ago and saved myself such a long time feeling like two people - the normal me and the one with PMT!"

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Bibliography

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