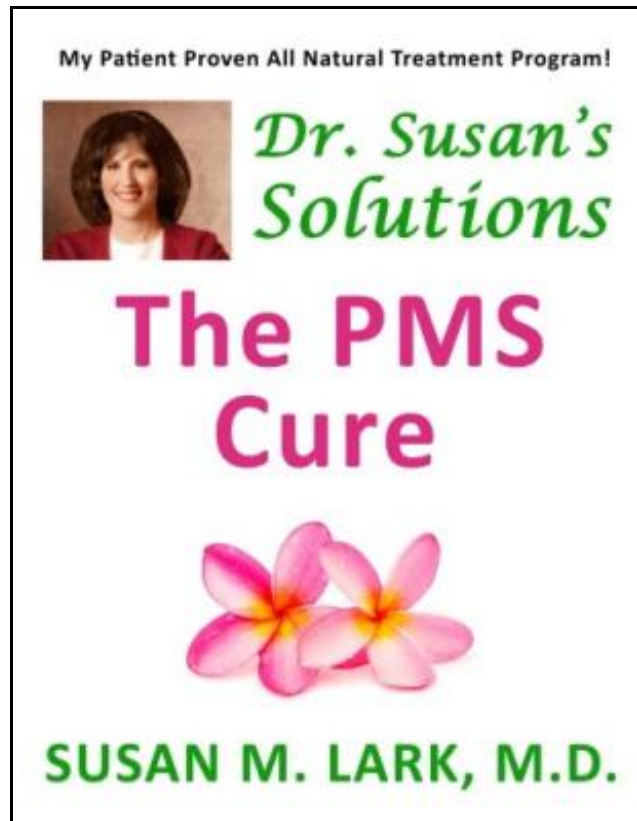


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- Very helpful workbook for evaluating your own symptoms and questionnaires to assess your risk factors including stress, diet, and physical fitness factors.
- Her delicious PMS relief diet including menus, meal plans and scrumptious, high nutrient recipes that eliminate PMS symptoms and promote radiant health and well-being. Dr. Lark has included both vegetarian emphasis, high complex carbohydrate recipes as well as high protein, meat-based recipes, depending on the type of diet that your body needs most for optimal health.
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