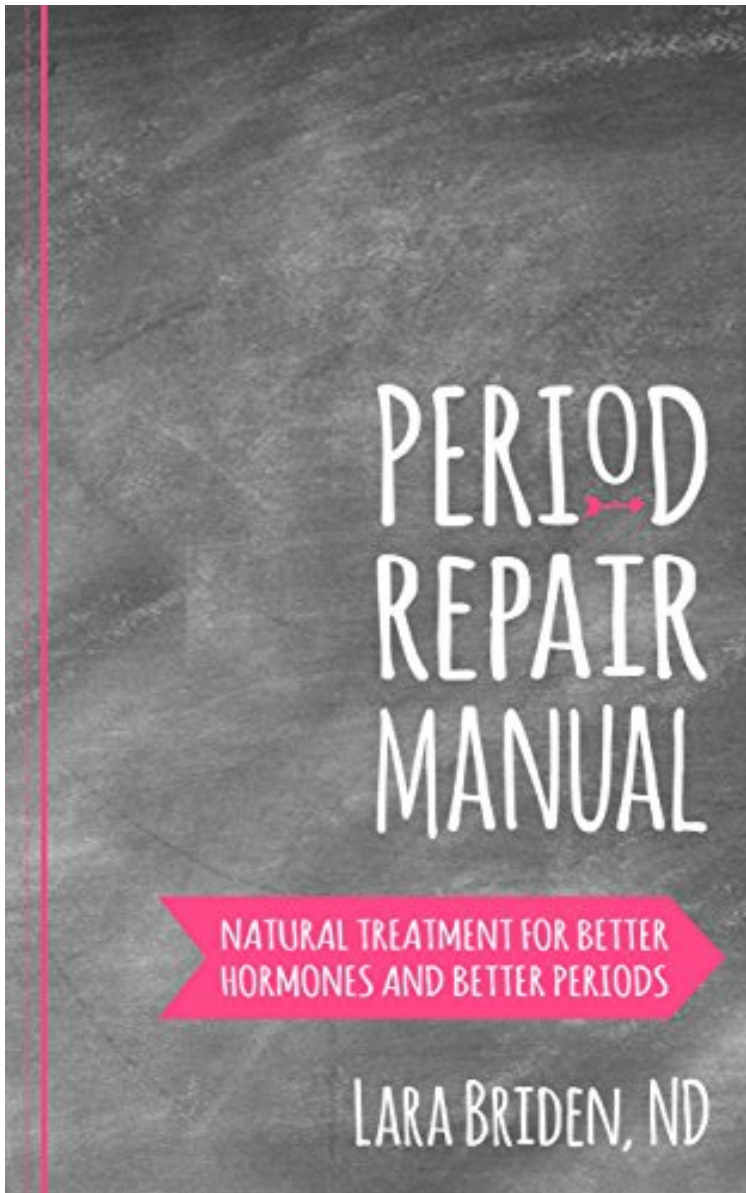


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# Period Repair Manual: Natural Treatment for Better Hormones and Better Periods (English Edition)



*Par Lara Briden*

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pill. No matter your age or your situation, its time to get to know your period. There is no better time to do so. Period Repair Manual is your guide to healthier periods using natural treatments such as diet, nutritional supplements, herbal medicine, and bioidentical hormones. It is a practical, user-friendly manual suitable for women of every age. Topics include: How to Come Off the Pill, What Your Period Should Be Like, What Can Go Wrong, and How to Talk to Your Doctor. The second half of the book is a comprehensive treatment guide including General Maintenance, and treatment protocols for specific period problems such as PCOS, PMS, heavy periods, endometriosis, and more. Written by a Naturopathic Doctor with 20 years experience, this book is a compilation of everything that works for hormonal health.

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