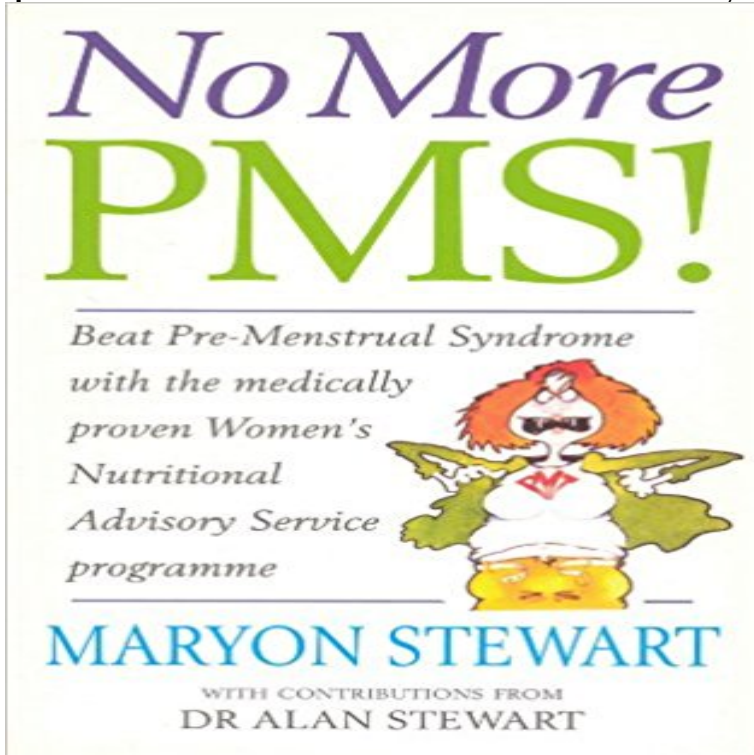


No More PMS!: Beat Pre-Menstrual Syndrome with the medically proven Womens Nutritional Advisory Service Programme



No More PMS! No more symptoms No more suffering-within 4 months. Maryon Stewart and her team at The Womens Nutritional Advisory Service have pioneered a highly successful programme to overcome pre-menstrual syndrome, enabling nine out of ten women to find relief within 4 months. No More PMS! draws on over 14 years of scientifically ground breaking work from the WNAS programme. It will enable you to devise a tailor-made diet to overcome PMS and includes the latest advice on: The cause of PMS In-depth personal stories Precise dietary changes, supported by scientific explanation The role of supplements Why regular exercise is so important

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