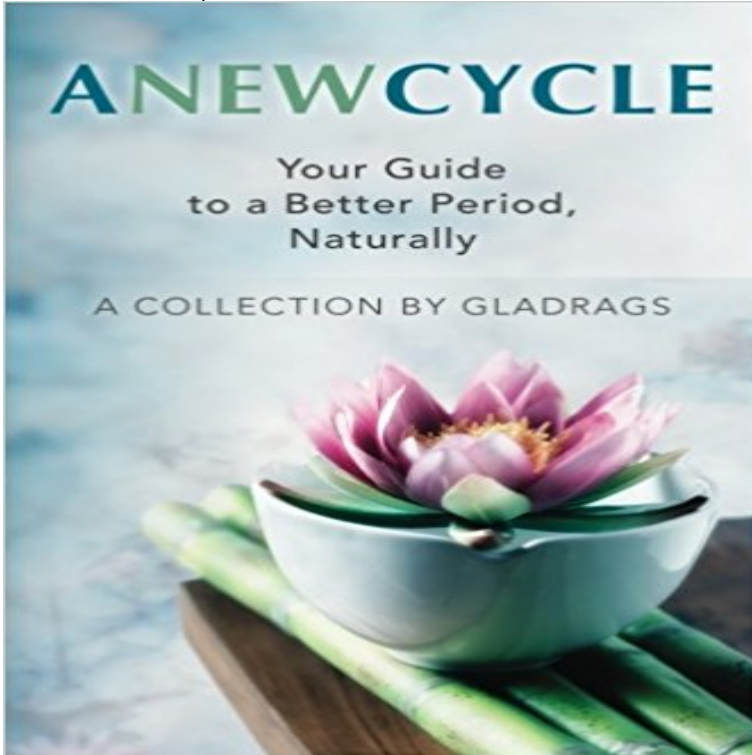


A New Cycle: Your Guide to a Better Period, Naturally



Do irritability, bloating, cramps, and moodiness leave you wishing your cycle would just disappear? In this collection of essays by womens health experts, youll discover natural techniques to alleviate these common menstrual maladies and enhance your feminine vitality all month long. With perspectives ranging from Ayurveda to uterine alignment, youll be given the tools you need to take control of your healthnaturally.

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