

# PREMENSTRUAL SYNDROME

**The Essential Guide**

**Susie  
Perry Debice**



# Premenstrual Syndrome A Selfhelp Guide

**Michelle Harrison, M.D., Marla  
Ahlgrimm, R.Ph.**



## **Premenstrual Syndrome A Selfhelp Guide:**

*Self-Help for Premenstrual Syndrome* Michelle Harrison, M.D., Marla Ahlgrimm, R.Ph., 2009-07-08 Updated with the latest information A completely revised edition of the classic guide to PMS the first book on this pressing health issue ever published in the United States Soon after *Self Help for Premenstrual Syndrome* came out more than fifteen years ago it was established as the definitive resource In this third edition you ll find accurate up to date information on Symptoms and causes of PMS PMS and perimenopause Premenstrual magnification PMM Diagnosing PMS Treating PMS through diet exercise and stress management Vitamins minerals oil of evening primrose and other nonprescription remedies Progesterone Antiprostaglandins antidepressants and diuretics Acupuncture and alternative therapies Psychotherapy PMS and its effect on sexuality the family and creativity Support groups Social and political implications of PMS Other resources including information on using the Internet for further research With its practical advice friendly approach and comprehensive resource section you ll find *Self Help for Premenstrual Syndrome* an invaluable guide to the answers you need     Subject Guide to Books in Print ,1991     Coming to Terms with PMS Len Duncan,1986     *Medical and Health Care Books and Serials in Print* ,1997     Whitaker's Books in Print ,1998     **Raising Each Other** Jeanne Brondino,1988 Offers advice on improving the relationship between parents and their children and shares the views and misconceptions of each group

The Patient's Desk Reference Melvyn N. Freed,Karen J. Graves,1994 Reference guide to sources that provide answers to medical questions including information on health organizations publications and state and federal agencies     **Shape** ,1994

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**Premenstrual Syndrome** Health Education Board for Scotland,NHS Health Scotland,2005-02-01     **Challenges in Women's Health** Elaine Weil,2000     **Relief from PMS** Pamela Patrick Novotny,1992 For many women the emotional and cognitive effects of recurring Premenstrual Syndrome can be debilitating even frightening This comprehensive action oriented guide includes detailed definitions of PMS symptoms up to date treatments as well as alternative therapies such as accupressure herbal remedies and dream analysis     *Frontiers* ,1998 A journal of women studies     **Ms. Magazine** Gloria Steinem,Robin Morgan,Joanne Edgar,Patricia Theresa Carbine,Nina Finkelstein,Letty Cottin Pogrebin,1986     *The New Our*

*Bodies, Ourselves* Boston Women's Health Book Collective, 1992 Discusses women's health care issues

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