

Natural Wellness Strategies For The Menstrual Years

By Laurel Alexander

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NATURAL WELLNESS STRATEGIES FOR THE MENSTRUAL YEARS BY ...

Fri, 19 May 2017 19:27:00 GMT

laurel alexander is a complementary therapist, a qualified reflexologist, a nutritionist, and a stress manager. she is the author of everyday calm, how to incorporate ...

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laurel alexander is a complementary therapist, ... and natural wellness strategies for the menopause years. she runs wellness for life, ...

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MENSTRUAL CYCLE - BETTER HEALTH CHANNEL

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the menstrual cycle is complex and is controlled by many ... a gateway to the strategies, ... the final menstrual period, is a natural event that marks the end ...

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MENOPAUSE | CARE GUIDE - VITALS

Wed, 21 Jun 2017 10:41:00 GMT

this is the point in a woman's life when she has not had a menstrual period for one year. ... for some women, menopause does not follow a natural progression.

MENOPAUSE AND SEXUAL ISSUES - BETTER HEALTH CHANNEL

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