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Done with Menstrual Cramps

By T. C. Hale

Words to Spare, LLC. Paperback. Book Condition: New. Paperback. 218 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. DONE WITH MENSTRUAL CRAMPS is brought to you by touring comedian turned natural health expert, T. C. Hale (aka Tony Hale). Not only will Hale keep you entertained while he reveals the secrets behind cramps and how the human body functions, you will also learn how to look at your own body chemistry to understand the underlying cause of YOUR menstrual cramps. Since the reason cramps can exist varies from person to person, once you understand what is going on with your chemistry, this book will help you understand what foods, supplements, or lifestyle changes could eliminate your desire to scream at inanimate objects once a month. This book is the straightforward version of the laugh out loud, KICK MENSTRUAL CRAMPS IN THE NUTS. Both versions explain the science behind menstrual cramps. The version you choose to read is just a matter of taste. Heres what some of Tonys celebrity clients have to say: Working with Tony is like jumping into the arms of your favorite aunt. Except its not. At all. I mean, his methods work. But its not like that at all....


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Reviews

Absolutely essential go through pdf. Indeed, it really is play, continue to an interesting and amazing literature. You will not truly feel monotony at any time of your time (that's what catalogues are for concerning if you question me).

-- **Julia Mohr II**

Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Anabel Zemlak**