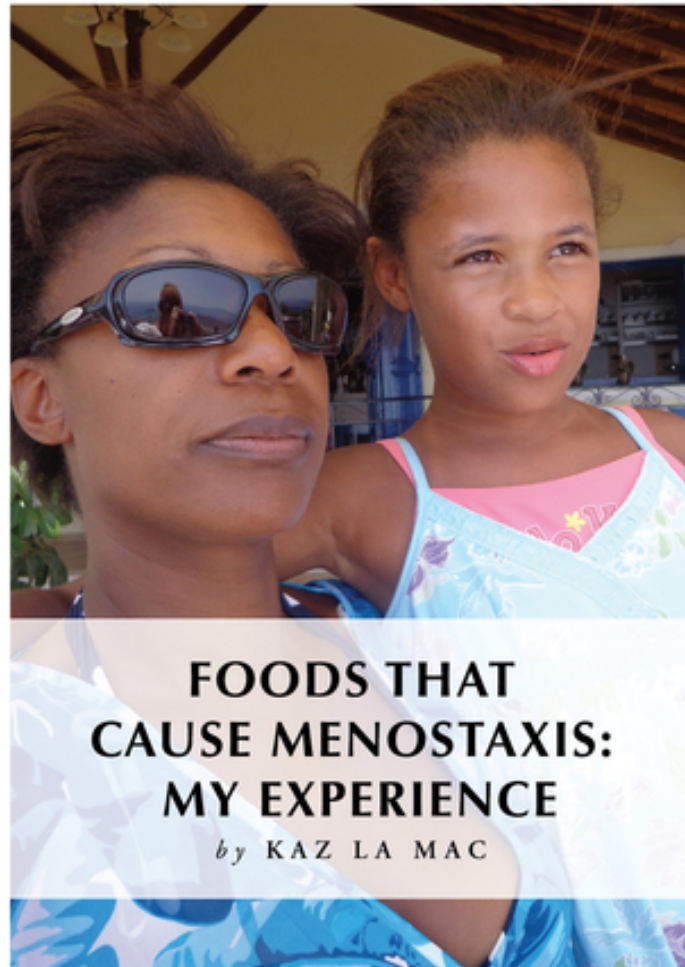


Foods That Cause Menostaxis: My Experience



Title: **Foods That Cause Menostaxis: My Experience**

Author: **Kaz La Mac**

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If you suffer from heavy periods with no known clinical reason, then this book may be your answer. It is based on a true account, experienced by the author, of everyday foods that cause heavy periods. It goes into detail on the various foods and when not to eat them, showing you a method that is simple to follow called the '28~14 Diet'. These foods are beneficial and nutritious and can still be eaten but, by following the method strictly and withdrawing from all the foods mentioned for a short amount of time, then you can gain control and never have to suffer again. Foods that Cause Menostaxis: My Experience.

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