

# PREMENSTRUAL SYNDROME



ABDOMINAL PAIN



NAUSEA



BACK PAIN



HEADACHE



ACNE



BLOATING



FOOD CRAVING



IRRITABILITY

# TREATMENT



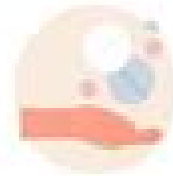
LIGHT FOOD



DRINK WATER



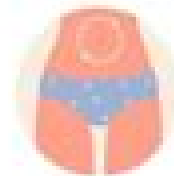
WARM BATH



PAIN RELIEVER



HEATING PAD



MASSAGE

# Controlling Pre Menstrual Syndrome

**Rosina Ehmann**



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