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Period Repair Manual Lara Bridens

If you need help with hormones or periods, you're in the right place. This site explores women's health topics such as immune treatment for

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endometriosis and the 4 types of PCOS. You'll also find information about natural treatments including iodine for breast pain, natural progesterone for heavy periods, and some of the best natural anti-androgen supplements for facial hair and acne.

Lara Briden - The Period Revolutionary

Iodine can relieve
breast pain, ovulation

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pain, premenstrual mood symptoms, and help to prevent ovarian cysts. It works by promoting healthy estrogen metabolism, down-regulating estrogen receptors, and stabilizing estrogen-sensitive tissue including breasts, uterus, ovaries, and the brain.. Iodine's anti-estrogen effect makes it one of the best treatments for estrogen excess or

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