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Dr. Susan's Solutions: The Anemia Cure

Susan M. Lark M.D.

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Susan M. Lark, M.D., one of the most respected women's alternative medicine experts, has successfully helped countless women recover from anemia with her effective all natural patient tested treatment program.

Women with anemia often feel faint, weak, and dizzy. They may feel so tired that even small amounts of exercise, work, or social activities may be difficult for them to do.

This book goes far beyond the usual medical recommendations for most women to take iron supplements. It includes support for the healing of fibroid tumors, endometriosis, and irregular and heavy menstruation. Anemia can be due to intestinal bleeding, poor blood formation, pregnancy and other causes. Anemia can often easily be treated and prevented.

Dr. Susan's Solutions: The Anemia Cure provides you with:

- Dr. Lark's all natural patient proven program including her therapeutic diet, effective nutritional supplements and herbs to restore and support your body's blood building capacity.

- Food charts are included to help you select foods that will best help you heal from anemia as well as many delicious recipes, menus and meal plans to fortify your body, eliminate anemia and bring your body back into balance.

- An explanation of symptoms and causes of anemia, along with how blood cells are formed within our bodies, describes a woman's risk factors for anemia at her different stages of life as well as how anemia is diagnosed medically.

- A very useful workbook to help chart your symptoms and evaluate your risk factors.

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