

Beryl
Kingston

Lifting the Curse

Self help
for
aches
pains
cramps
and other
monthly miseries

Beryl Kingston



Lifting the curse

*Self help for aches, pains, cramps and
other monthly miseries*

Ebury Press

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'If you suffer from the pre-menstrual syndrome, or from period pain, or from heavy, prolonged and tiring periods, then read this book.'

DR. DAVID DELVIN

Medical Editor of General Practitioner

In *Lifting the Curse*, Beryl Kingston shows you how to identify your own particular symptoms and what you can do to alleviate them. Based on her many years' experience as lecturer under the auspices of the National Childbirth Trust, the book describes simply and precisely how to adopt a system of relaxation and breathing techniques, designed to minimise period pains and reduce pre-menstrual tension. Emotional changes are discussed thoroughly together with advice on how to cope with them at work, at home or at school. You will find this book a useful explanation of the causes and effects of menstruation as well as a source of reference to the present state of medical research and available treatments. The entire text has been read and approved by several leading medical authorities.

'As a clinician, I wholeheartedly applaud the clarity and orientation of this informative book. It contains much useful, practical advice and the important section on relaxation techniques will, I am sure, be of particular value to those sufferers keen to adopt a self-care approach to the discomforts of menstruation.'

DR LUKE TANDER

*Senior Lecturer in the Department of
General Practice at St Thomas' Hospital*