

# **Take Control Of Your Endometriosis: Help Relieve Symptoms With Simple Diet And Lifestyle Changes By Henrietta Norton**

**By Henrietta Norton**

**Publisher Kyle Books:Page 1 - OpenISBN - ISBN -**

Take Control of Your Endometriosis: Help Relieve Symptoms with Simple Diet and Lifestyle Changes. ISBN: changes, simple, symptoms, endometriosis, relieve, control

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Henrietta Norton is an She is a health writer and author of 'Take Control of Your Endometriosis' by analysing why changes to lifestyle and diet can

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**Henrietta Norton (Author of Take Control of Your -**

Henrietta Norton is the author of Take Control of Your Endometriosis 2 reviews, published 2012) and Your Pregnancy Nutrition Henrietta Norton s

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**Take Control of Your Endometriosis by Henrietta -**

A guide to empower women to manage their endometriosis. It shows how making informed choices can improve wellbeing through diet and lifestyle changes and can Help

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