Endorsed by:

HaRav Y. D. Warfman, דומ"ץ, Manchester HaRav Y. Wreschner, Rav Kehal Beis Mordechai, Manchester



IMPORTANT NOTICE

WOMEN'S HORMONAL WELLBEING DO NOT DESPAIR!

WE HAVE VALUABLE INFORMATION THAT CAN MAKE A HUGE DIFFERENCE TO ALLEVIATING OR CURING YOUR SUFFERING. MANY WOMEN AND GIRLS EXPERIENCE MENTAL, EMOTIONAL AND PHYSICAL SYMPTOMS, EITHER FROM:

PRE-MENSTRUAL STRESS [PMS]

or

MENOPAUSE – PERI and POST

This impacts on relationships and functionality and can make us feel very down, lost and alone.

NUTRITIONIST, MARYON STEWART.

WE TRY TO REACH AS MANY AS WE CAN, TO BRING RESPITE AND PEACE TO INDIVIDUALS, THEIR RELATIONSHIPS AND HOMES.

See www.hormonalhealth.org

Please contact Sara Devora Chrysler on 0044 161 798 9415 or sdc@noamziv.org for information – English, Yiddish, Hebrew

לעלוי נשמת ר'אליעזר בן ר'יצחק ור'מרדכי בן ר'צבי ת.נ.צ.ב.ה

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