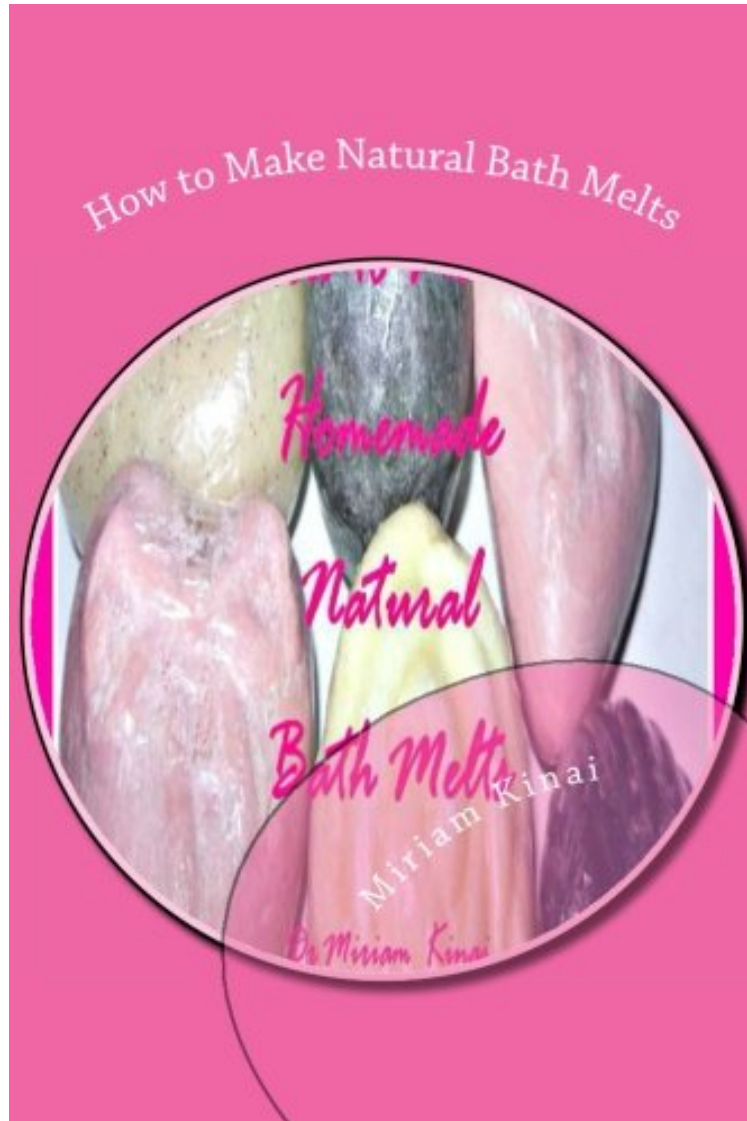


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menstrual tension (PMS), painful periods, arthritis, stress, sadness or depression, mental exhaustion, and insomnia or sleeplessness.

About the Author Dr Miriam Kinai is a medical doctor and certified aromatherapist.