

# The NESWLETTER for the WOMAN on a quest to find the TRUTH



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*"If a woman is  
sufficiently ambitious,  
determined and  
gifted, there is  
practically nothing  
she can't do."*

*-Helen Lawrenson-*

**Yale University**

**Research on PMS**

**[\(Click here\)](#)**

**Audio reading**

**excerpt from the  
author (coming  
soon)**

**Fill a survey on your**

**PMS (coming soon)**

## **Good day dear woman reader!**

It is an honor to get in touch with you through this Newsletter. As a first issue, I want to congratulate you for the effort you are deploying to find out what can be done about your PMS.

I receive all kinds of life stories from women who have lived the atrocities of some PMS symptoms through the years. Many have resolved to medical help and sometimes, it has helped them; others got the same help and down the road were worse off.

We are all unique in our make up and in the ways we have been brought up.

My advice to you all if I can allow myself to lend one, is that you have to keep on searching your OWN TRUTH. No one can do it for you.

At times, I am still baffled to hear women (and men as well) reveal their inner wounds and the limiting beliefs that are still so poignantly stuck within. Many still believe they can nothing about their situation and feel their life as a big ploy against them from the universe to begin with colored with a conspiracy from their environment to top it up.

I urge you to become a seeker of the truth, *your truth* for this is where one should start: Within.

**[\(Link to book reviews\)](#)**

I am very grateful to be surrounded by beautiful human beings on this planet. Many teachers have inspired me; other masters will keep showing up in a more prominent manner. I urge you to read Dr. Deepak Chopra for he has many books out there. He was a profound source of inspiration for me to discover all that is hiding behind PMS. When he says that: ***"Every thought creates a biochemical reaction..."*** in our body, I cannot but help myself realize that I am ***What I think about, what I eat and what I do.*** My research on PMS has proven that every woman is unique and has a very intimate message from her symptoms. **My goal is to help you find out your subconscious messages through your own symptoms.**

Another great author I urge you to discover, he is one of my mentors, Dr. Wayne Dyer. Get in synch with his teachings and you will also awake to different possibilities. Get going!

On a last note for this month, keep in mind that **YOU HAVE A LOT MORE POWER THAN YOU THINK. You can read and hear some testimonials that may "talk to you."**

I WISH YOU A WONDERFUL MONTH.

[\(Link to my articles on my site\)](#)

**NEXT MONTH: How to help your teenager with her PMS?**

P.S. Invite your friends (women and men) to fill in my surveys on my website for they help me continue my research.

Warmly:

*Pauline Houle* - Therapist – author

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