black radish is an ancient vegetable of the mustard family. Its juice is extracted and used to promote liver function and bile production and can reduce the effects of acid reflux and heartburn.

She remained ignorant of my unspoken desires and I ended up heartbroken.

That means, when your ovaries slowly wind down their functioning through the menopausal years, progesterone production slows down right with it.

In stubborn, persistent cases additional resources are used to teach patients techniques to promote relaxation and enable functioning despite discomfort.