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THE WALL STREET JOURNAL

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AUGUST 23, 2010, 1:17 P.M. ET

Stress Can Make PMS Symptoms Worse -Study

WASHINGTON (Dow Jones)--A study on PMS is giving women a new reason to learn how to relax.

Researchers at the National Institutes of Health and other institutions found that high levels of stress can trigger severe psychological and physical symptoms during ovulation and menstruation, leaving women to feel much worse than usual around that time of the month.

Many women experience premenstrual syndrome, ...

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