

Dr. Jani Meissner-Frisk D.O.



"I have been practicing for 15 years with a special emphasis in women's health. Back at the beginning of my medical training as an intern, the director of our medical program told us that there were certain things we could use for PMS and perimenopausal symptoms which included Vitamin B6, magnesium, calcium, and different herbs that are actually more effective than hormone replacement as a treatment for PMS.

I have found the combination of minerals, vitamins and herbs in STOP PMS to be the finest combination available to support a women's body in combating symptoms of hormone imbalances and PMS. Which can be anything from bloating irritability, headache, insomnia, mood swings, cramping, etc. All of these ingredients are found in one product that can be taken at the same time and in this manner the whole is greater than the sum of its parts. Not only are the best ingredients used in this product but it is in a superior delivery system, it's an effervescent formula that is absorbed quickly by the body.

I have been using this product on my patients and have had fabulous results with it. The feedback that I have gotten from my patients has been overwhelmingly positive.

As a family practice physician who specializes in women's health and nutrition I want to give my patients the best products available for what they are experiencing. I have found STOP PMS to be this product.

There are no side effects or harmful effects from STOP PMS. I whole heartedly endorse STOP PMS not only for my patients but for anyone who suffers from PMS."

Dr. Jani's Bio:

A note about Osteopaths (D. O.'s) and Allopaths (M. D.'s, Medical Doctors)
D. O's and M.D.'s are very similar. Both:

- Have 4 years of under grad and 4 years of medical school and must pass the same exams to obtain state licenses.
- D.O.'s Prescribe medications and perform surgery.
- D. O.'s generally are more of an 'integrated' doctor. D. O.'s practice a 'whole person' approach to medicine. Instead of simply treating symptoms, D. O.'s take into account your body in its entirety, like a hologram. D. O.'s (Osteopaths) are much more in the vein of traditional Chinese medicine by virtue of putting the emphasis on prevention.

Dr. Jani, received her B.A. from Westmont College in Santa Barbara, California and her B.S. in biochemistry from Cal Poly San Luis Obispo in California. She attended Kansas City University of Medicine, completing a Family Practice Residency. She is board certified by the American Board of Family Practice with a Master's degree in nutrition.

Dr. Jani offers nutritional counseling, complete wellness care as well as specializing in a uniquely comprehensive, primary care for women, which includes bio-identical hormone balancing.

Dr. Jani has trained, taught and served medically in Kenya, Russia, Belarus, Kazakhstan and Mexico.