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i was on birth control for a few years and it took a little more than a year to get my cycle completely back to normal after i stopped taking it

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[comedycoup.cbc.ca/buddyguys](http://comedycoup.cbc.ca/buddyguys)

[comedycoup.cbc.ca/cc/canada-2014](http://comedycoup.cbc.ca/cc/canada-2014)

the method includes the steps of preparing and administering the composition to the nasal membranes of a patient in the form of a nasal spray or drops.

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