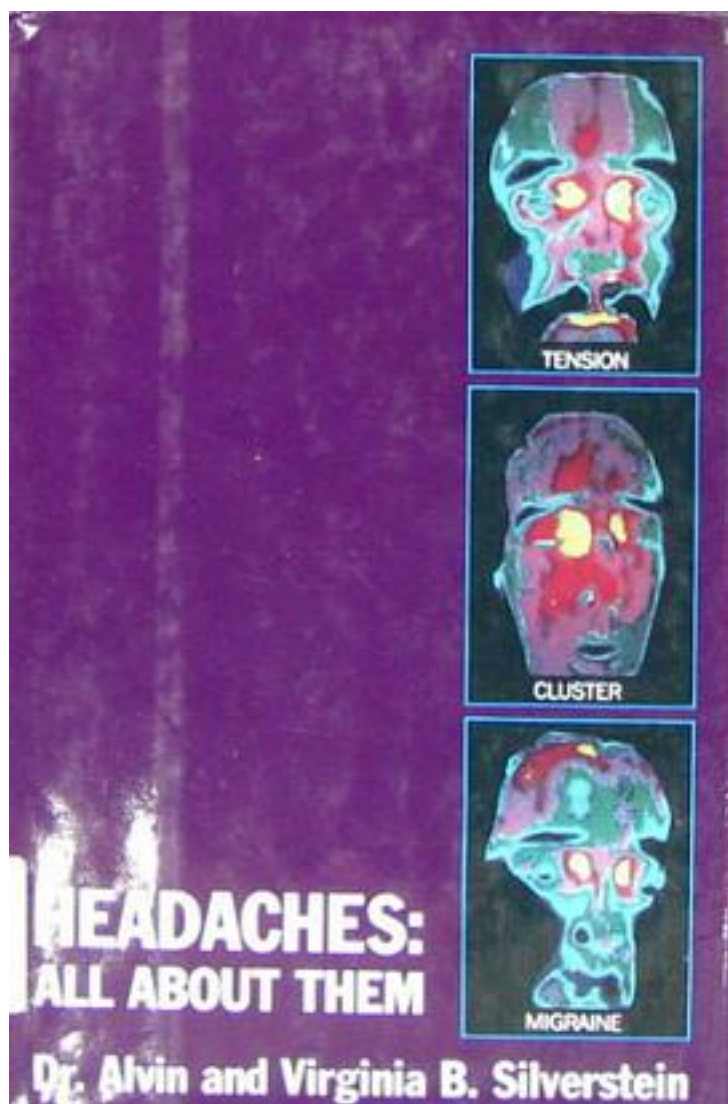


Headaches



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From occasional headaches to full-on migraines, this text aims to help the reader alleviate symptoms with diet and life style advice, massage and relaxation techniques, alternative medicine and more.

作者介绍:

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