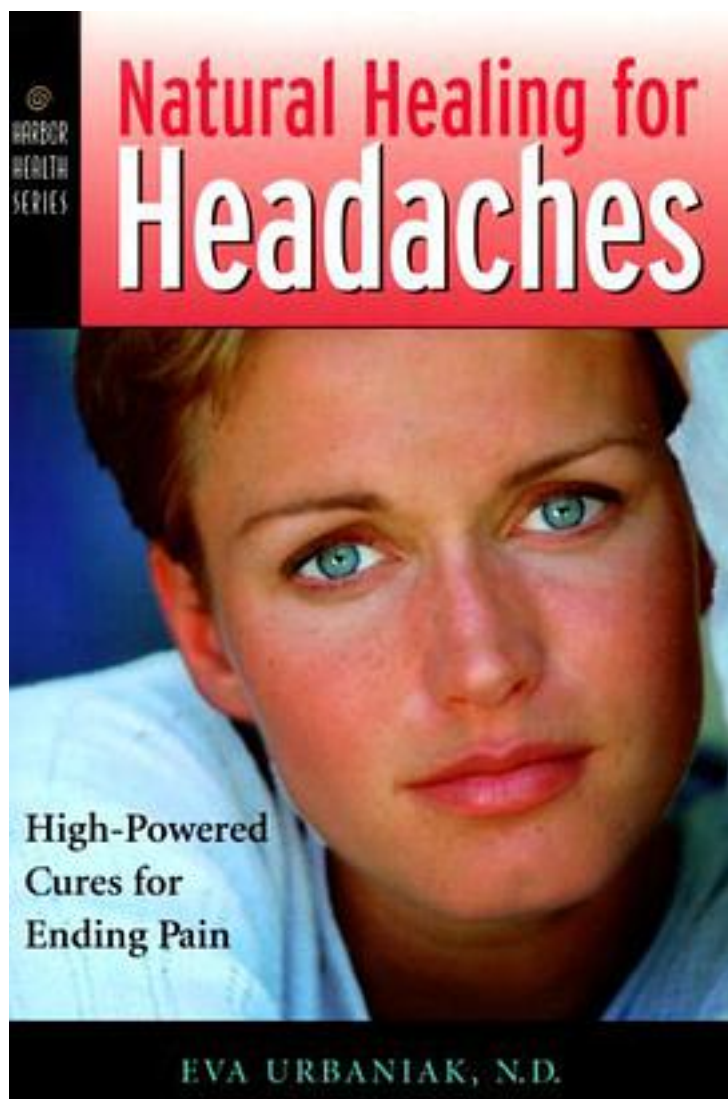


# Natural Healing for Headaches



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著者:Urbaniak, Eva

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Urbaniak cured her own severe migraine headaches with natural, safe, drug-free treatments detailed in her book. Self-help treatments include simple exercises, acupressure, self-massage, healing herbs, vitamin and mineral supplements, and effective stress management techniques. 7 illustrations. 3 charts.

作者介绍:

目录:

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