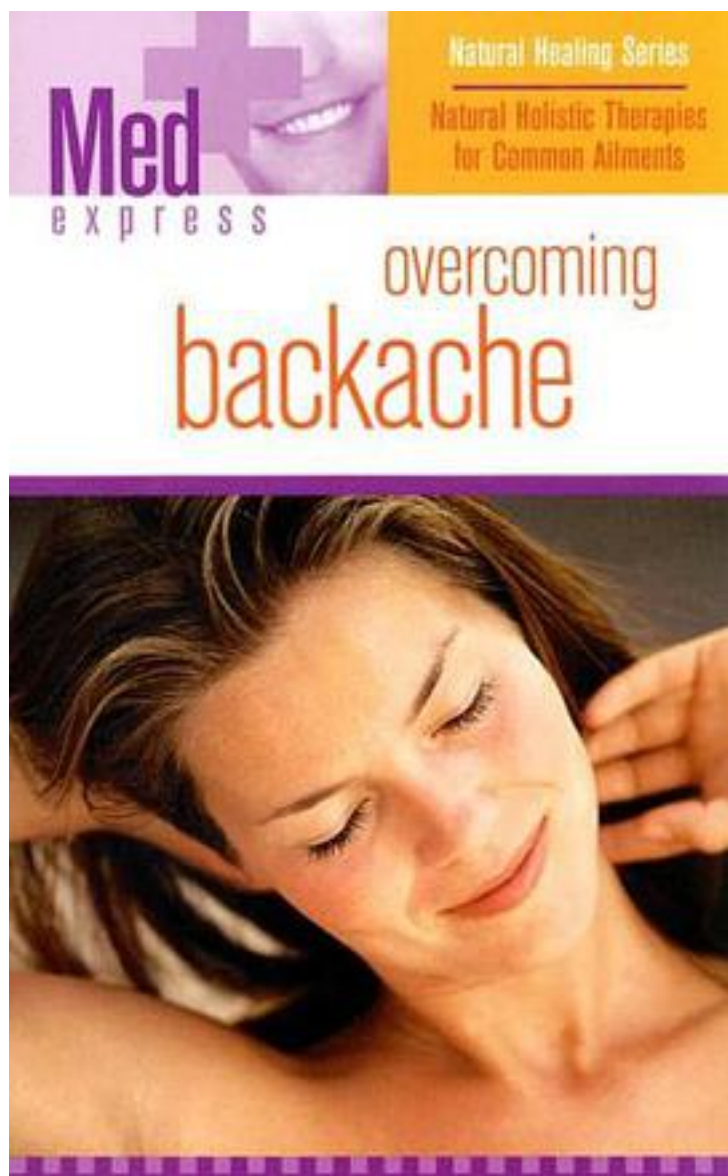


Med Express



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著者:

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Book Description

Overcoming digestive problems

Who hasn't suffered from a stomachache?

Digestive problems are one of the most common health problems people suffer. This book is filled with useful holistic home remedies for you and the entire family. Included, is a guide to remedies based on ancient techniques that have been proven useful.

- * Yoga exercises for proper breathing
- * Shiatsu and do-in massages that work the central energy meridians related to the digestive system
- * Reflexology to relieve ailments
- * Medicinal herbs and plant tinctures that calm discomforts instantly.
- * Nutritional advice and guide to tummy healthy foods.

Pages are lined with color photos and easy to read instructions, providing a detailed guide to exercises, massages and herbal medicine to help relieve tummy problems naturally.

作者介绍:

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