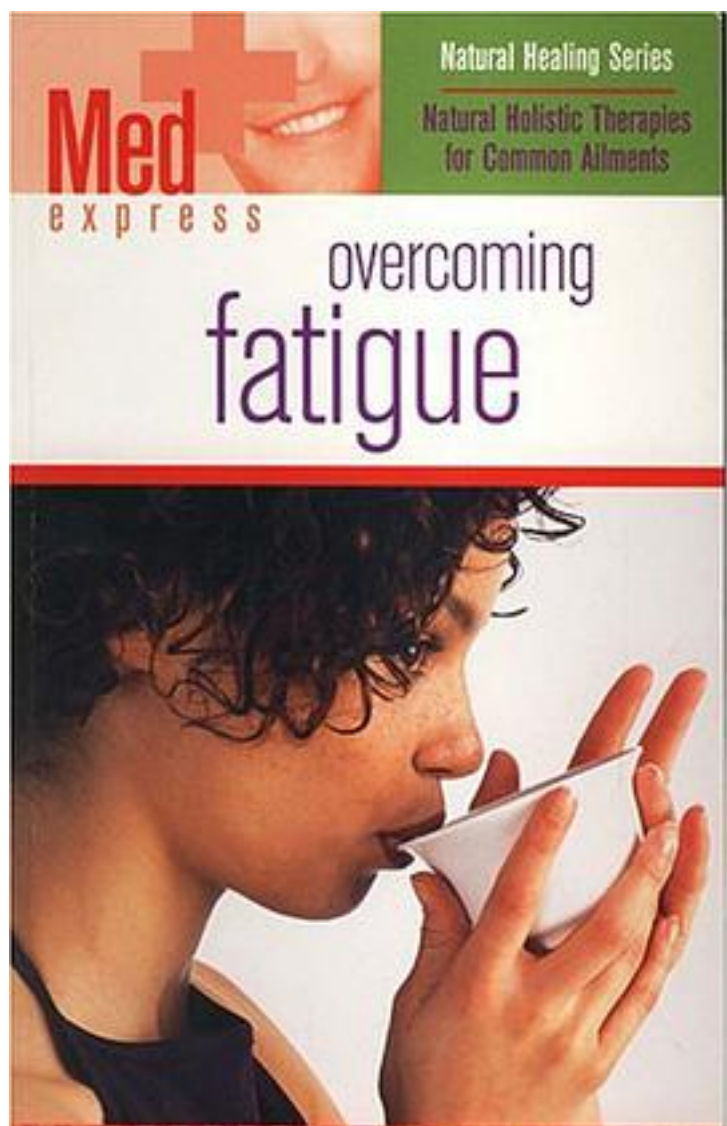


Med Express - Overcoming Fatigue



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著者:

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Book Description

Overcoming Fatigue

Do you feel tired and listless? Are you sleeping too much but never feeling refreshed? It may be that you need to make changes in your lifestyle. Overcoming Fatigue offers natural holistic therapies designed to energize your body and restore your well-being.

- * Energizing medicinal herbs and plants.
- * Revitalizing therapy
- * Physical activities to loosen up and liven your body
- * Massages along meridian centers where your body's energy is stored.
- * Fatigue fighting yoga
- * Foods to increase your mental and physical energy

Each technique is explained in detail and illustrated with full-color photos. Improve your energy and your health by following these fatigue fighting holistic remedies.

Book Dimension

length: (cm)20.9 width:(cm)13.1

Illustrations :

作者介绍:

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