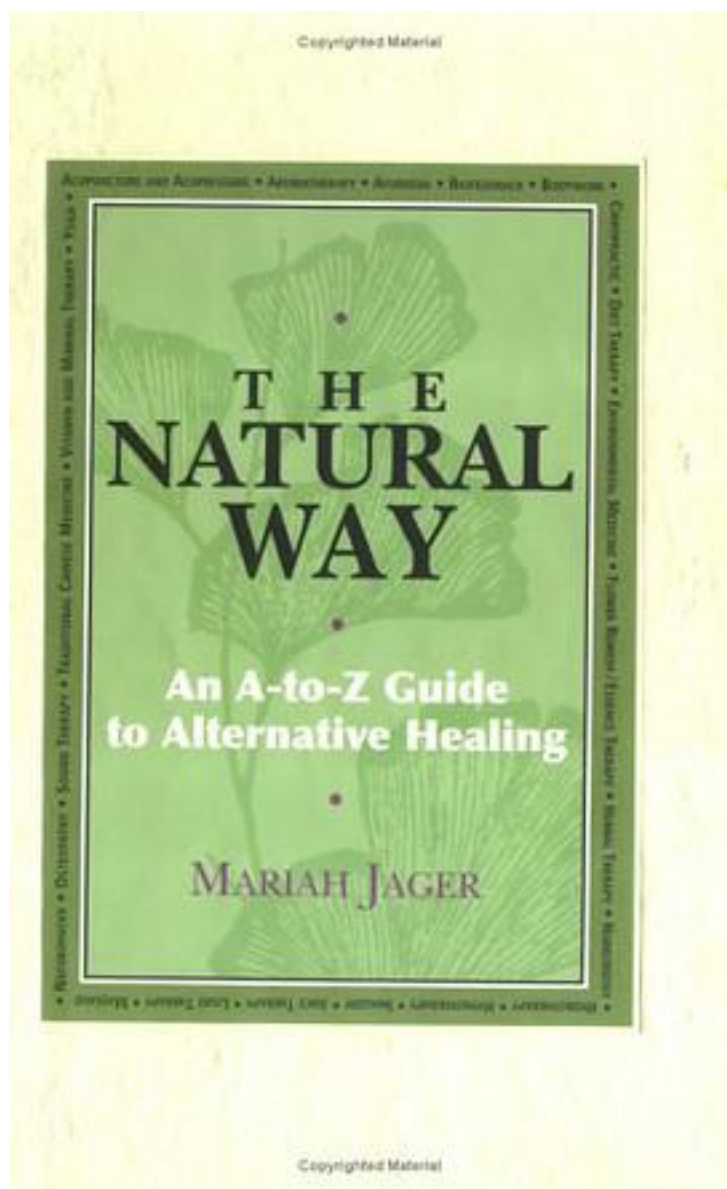


The Natural Way



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在线阅读本书

The Natural Way contains clear, reliable information on more than a dozen alternative healing practices including aromatherapy, biofeedback, diet therapy, homeopathy, juice therapy, traditional Chinese medicine, and more. Each chapter includes a detailed description of the therapy, how it works, what one can expect from the therapy, how to find a qualified practitioner, and approximately how much it will cost. Each chapter also includes warnings about potential side-effects as well as a resource section for additional information.

In the tradition of Black Dog & Leventhal’s Healing Secrets of the Native Americans, The Natural Way features a natural hand-made paper cover and artfully designed two-color interior, making it as beautiful as it is practical.

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目录:

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