



Nature's Cures: From Acupressure and Aromatherapy to Walking and Yoga--The Ultimate Guide to the Best, Scientifically Proven, Drug-Free Healing Methods

Michael Castleman

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A respected writer on health offers an up-to-date and comprehensive survey of alternative healing therapies, including relaxation techniques, aromatherapy, and vitamin supplementation, explaining which therapies work, and showing how to use them safely. Tour.

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