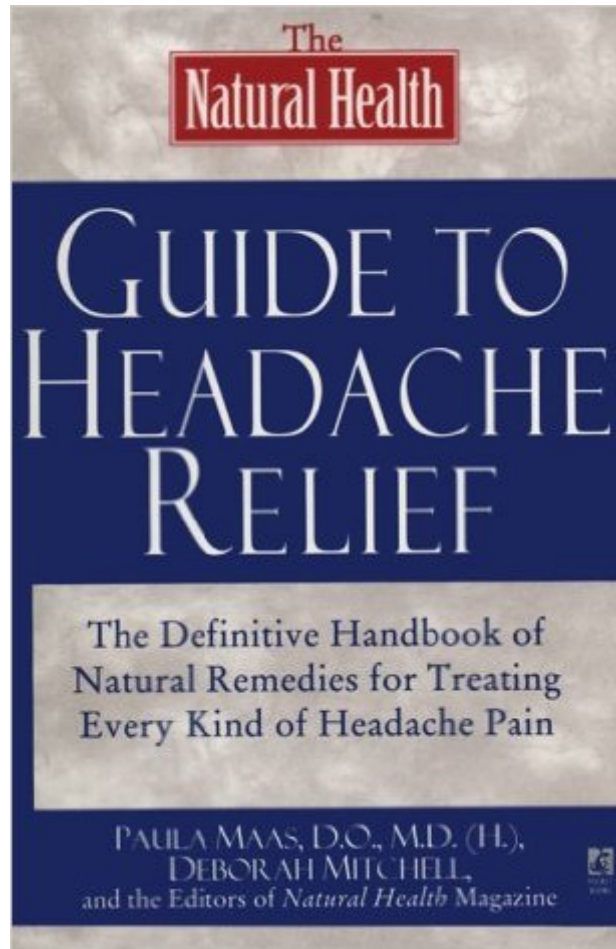


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# The NATURAL HEALTH GUIDE TO HEADACHE RELIEF



## Synopsis

A collection of natural headache remedies draws from herbal medicine, homeopathy, nutrition and dietary supplements, aromatherapy, acupuncture, biofeedback, and other therapies, and also offers a wealth of trigger identification guidelines.

## Book Information

Paperback: 304 pages

Publisher: Pocket (March 1, 1997)

Language: English

ISBN-10: 0671518992

ISBN-13: 978-0671518998

Product Dimensions: 9 x 6 x 0.8 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #3,521,633 in Books (See Top 100 in Books) #80 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#)

## Customer Reviews

The methods in this book work - we've proved it! Hundreds of people in my practice and in workshops have learned to heal their own pain with one or more of the simple, time tested methods described in this book. If you are ready to get rid of your headache I recommend this little book to open doors of relief for you and your loved ones. I wish you the best of health and success! Paula Maas, DO

I like. Thank you.

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