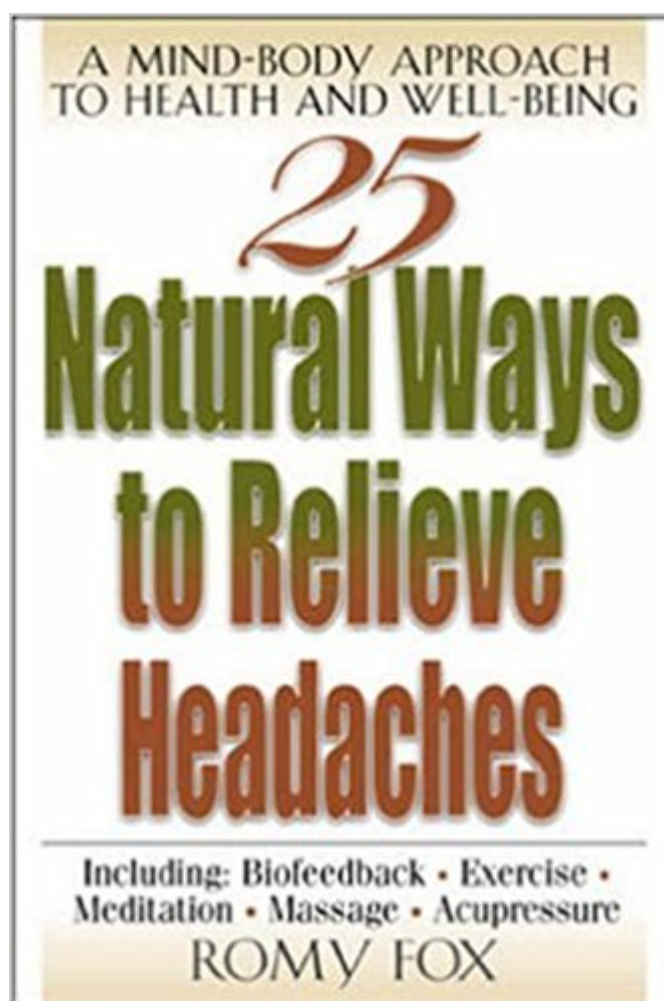


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# 25 Natural Ways To Relieve Headaches : A Mind-Body Approach To Health And Well-Being



## Synopsis

Americans spend more than \$4 billion a year on over-the-counter headache remedies. This much-needed book examines the many types of headaches, helps identify their causes, and provides safe alternatives for headache treatment and prevention. From vitamins and minerals to meditation, massage and homeopathy, here is the ultimate resource for treating today's headaches and preventing tomorrow's.

## Book Information

Series: 25 Natural Ways

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## Customer Reviews

More than forty million people suffer from chronic, debilitating headaches, and in the United States, we spend more than \$4 billion on over-the-counter painkillers. This widespread health problem can leave you merely annoyed with a minor discomfort or completely incapacitated from an excruciatingly painful migraine. *25 Natural Ways to Relieve Headaches* will give you hope to relieve headache pain, no matter what its origin or intensity. *25 Natural Ways to Relieve Headaches* offers new organic methods for finding relief from headaches. Author Romy Fox explains headaches' diverse triggers--such as air pollutants, stress, and diet--and how to avoid them. She also presents natural ways to alleviate pain with treatments such as: Meditation Herbs Homeopathy Acupuncture Qi Gong These are only a few of the effective methods to be found in this book. Each is thoroughly explained and includes addresses, phone numbers, and websites for further information, such as finding a practitioner in your area. With this breakthrough title, you will not only find relief from pain

but perhaps a path to a headache-free life as well.

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