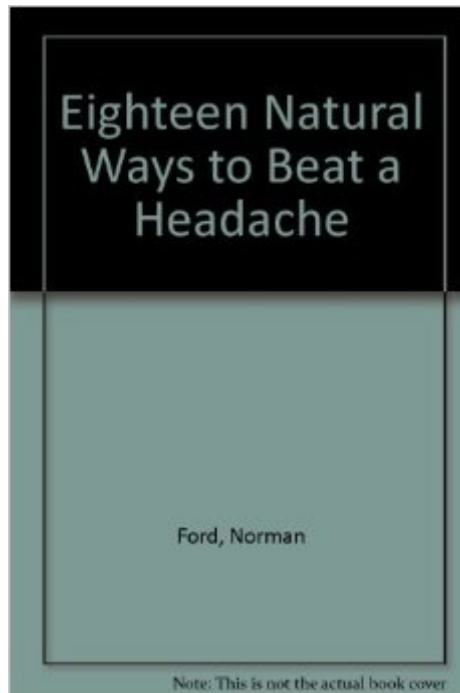


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# Eighteen Natural Ways To Beat A Headache (A Keats Original Health Book)



## Synopsis

Millions of pounds are spent each year on over the counter remedies for headaches. This book presents the latest research, revealing that they are caused by tension, food allergies and environmental factors. Drawing on both Western and Oriental experience, Ford offers 18 alleviating techniques.

## Book Information

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