



500 of the Most Important Health Tips You'll Ever Need: An A-Z of Alternative Health Hints to Help Over 250 Conditions

By Hazel Courteney

Ryland, Peters & Small Ltd. Paperback. Book Condition: new. BRAND NEW, 500 of the Most Important Health Tips You'll Ever Need: An A-Z of Alternative Health Hints to Help Over 250 Conditions, Hazel Courteney, Packed with the latest cutting-edge alternative research, 500 Of the Most Important Health Tips You'll Ever Need has become the leading A-Z alternative healthcare manual on avoiding and treating a huge range of health problems. In this fully updated edition, award-winning health journalist Hazel Courteney reveals myriad ways to take more responsibility for our individual health. Now covering even more conditions, from arthritis to angina, cancer to cramps, liver problems to low blood sugar, this latest version also includes thousands of little known facts, plus remedies, dietary advice and helpful hints on how to prevent, heal and where to find more help for over 250 ailments - even rarer ones such as electrical pollution and auto immune diseases such as lupus which are on the increase. Discover, too, which are the best supplements and super foods, such as pomegranates and tomatoes, and how they can help you. Updated with the latest scientific evidence on how to improve and maintain your health, day by day, this one-stop,...



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This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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