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By Ann Redfearn

Octopus Publishing Group, United Kingdom, 2005. Paperback. Book Condition: New. 258 x 192 mm. Language: English . Brand New Book. Using this book; The Programme; Chapter 1 Looking at your DIET; Chapter 2 Testing your Energy; Chapter 3 Brewing up Herbal Teas; Chapter 4 Making Compresses; Chapter 5 Using Aromatic Oils; Chapter 6 Massaging your meridians; Chapter 7 Breathing your way to health; Chapter 8 Stretching with Taoist yoga; Chapter 9 Managing your.





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-- Brayan Mohr Sr.

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-- Donnie Rice

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