

Holistic And Alternative Medicine

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Holistic medical care is becoming a buzzword for people looking to play a more active role in maintaining good health. Those who have started to enjoy the benefits of holistic medical care will tell you that there is much to be said for preventative care that keeps the mind, body and spirit in excellent condition. Here are some health tips covered in this book: *Relieve pain with acupuncture. *Consider a complete body cleansing *Trigger point massage for pain relief. *Try yoga to overcome depression. *Consider color therapy. *Become familiar with aromatherapy. *Improve your food choices. *And much more

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