



## Natural Relief from Aches & Pains

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## **Natural Relief from Aches & Pains** C. J. Puotinen

Ever-increasing numbers of consumers are turning to herbs and other natural treatments to enhance health and relieve pain effectively, economically, and naturally. "Natural Relief from Aches and Pains gives readers all the information they'll need to soothe their most common and troublesome discomforts without expensive drugs or their side effects. Includes treatments for common respiratory complaints, digestive ailments, and arthritis.

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