



Heal Your Headache - Natural Ways to Get Rid of Headaches

Krista Banner

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Do you have a bad headache? Would you like some ideas to help it go away? Headaches have various causes. Krista Banner, a massage therapist, guides you through this short book on the various tips and techniques for curing a headache. Krista is a massage therapist who uses aromatherapy, acupressure, reflexology and massage to help relieve client's symptoms.

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