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Natural Remedies for Headaches and Migraine: Top 50 Natural Headache Remedies Recipes for Beginners in Quick and Easy Steps

By Rita Clark

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn How to Make 50 Recipes of Natural Remedies for Headaches and Migraine in Fast and Easy Steps - Free Bonus Inside Download Top 50 Natural Remedies for Headaches and Migraine Headaches and migraines have become one of the most common ailments that humans are suffering from. Competitive careers, hectic lifestyles and unhealthy eating are some of the major contributors to this condition. Almost every one of us has gone through the woes of headaches and migraines at some point o out life. Yet the commonly available medications prove only to be a temporary relief. Some of the commercial medicines have long term side effects too. Here is a book that brings to you a host of natural recipes from across the globe to effectively deal with headaches and migraines. These recipes are traditional formulation resulting from centuries of experimentation and practice. In different cultures and climates people have found natural means to deal with the problem over generations. These recipes are completely safe for use and do not have any side effects. Combining the power of various...



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