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MIGRAINES: A SELF-HELP GUIDE TO FEELING BETTER



Summersdale Publishers, United Kingdom, 2016. Paperback Book Condition: New. 198 x 129 mm. Language: English. Brand New Book Do you suffer from severe headaches, sometimes with nausea and visual impairment? Can these headaches last for up to a day or longer at a time? If so, you could be experiencing migraines. In this easy-to-follow book, Wendy Green explains how dietary, psychological and environmental factors can cause migraines, and offers practical advice and a holistic approach to help you manage...

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- Authored by Wendy Green
- Released at 2016



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