

Family Guide to Complementary and Conventional Medicine: How to Use Them Together for the Safest and Most Effective Treatment

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Abstrak

Reluctant to resort to medical drugs when there may be an effective treatment with no side effects? Keen to alleviate back pain with the right exercises? Determined to avoid arthritis and stay active?

Family Guide to Complementary and Conventional Medicine is a balanced and comprehensive guide to the best treatments for you and your family. Learn how to use both branches of medicine together for the safest and most effective treatment.