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Disease Free: How to Prevent, Treat, and Cure More Than 150 Illnesses and Conditions

Hoffman, Matthew, author

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Abstrak

From America's most renowned experts, here is invaluable advice on preventing and treating heart disease, sinus problems, stress, high blood pressure, and more than 100 other conditions. Includes hundreds of prevention strategies, healing with foods, easing aches and pains, and more.