



5 Steps Towards Managing Aches & Pains

By Anjali Arora

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, 5 Steps Towards Managing Aches & Pains, Anjali Arora, Aches and pains, if neglected, can easily disrupt one's daily routine. They have long-term effects if left untreated. Aches may be as a result of the body's response to some nutritional/mineral deficiency, hormonal disorders, chronic diseases or a bad posture. This book focuses on the symptoms and causes of arthritis, osteoporosis etc. It eliminates traditional myths about various diseases. It also provides an advisory for the treatment of aches and pains.



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Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

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This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Easton Collier DVM