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USER S GUIDE TO NATURAL AND SAFE PAIN RELIEF (PAPERBACK)



Basic Health Publications, United States, 2006. Paperback. Condition: New. Language: English. Brand New Book. This User's Guide advises readers on the many beneficial supplements for reducing pain. These pain-relieving supplements include fish oils, B vitamins, glucosamine, MSM and more traditional homeopathic remedies. The authors also describe how life's stresses can exacerbate pain, and offer simple pain-reducing exercises and stretches.

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- Authored by Melissa Block, Kenneth Frank
- Released at 2006



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