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PERFECT HEALTH IN 20 WEEKS



Konark Publication, New Delhi, 2010. Soft cover. Condition: New. 160pp. Emotional problems, diseases and pain have become a part of modern life. A majority of people suffer from headaches, migraine, sinus, blood pressure, neck pain, backache, diabetes, stress, jointache and what not?that too from a very young age. They spend a fortune on getting treatment, but the relief is only temporary.Medicines are not at fault. The real difficulty is that all these are lifestyle problems, which just cannot be eliminated...

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- Authored by Amar Chandel
- Released at 2010



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