



Muscle Pain Relief in 90 Seconds: The Fold and Hold Method [Paperback] [1994] (Author) Dale L. Anderson PDF

MUSCLE PAIN RELIEF IN 90 SECONDS

THE FOLD AND HOLD METHOD

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you need
to ease 21 types
of muscle pain, from a
stiff neck to an aching back—
completely
drug free 

DALE L. ANDERSON, M.D.



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Muscle Pain Relief in 90 Seconds: The Fold and Hold Method [Paperback] [1994] (Author) Dale L. Anderson Review

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