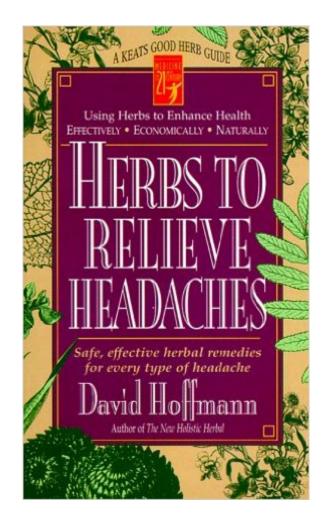
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Herbs To Relieve Headaches: Safe, Effective Herbal Remedies For Every Type Of Headache (Good Herb Guide Series)





Synopsis

Explores the different causes of headaches and the appropriate herbs for each. The book suggests feverfew for migraine, camomile to relax the nervous system, ginseng for stress, and white willow bark, cayenne, peppermint and echinacea as other natural alternatives.

Book Information

Series: Good Herb Guide Series Paperback: 96 pages Publisher: Keats Pub (January 1997) Language: English ISBN-10: 0879837667 ISBN-13: 978-0879837662 Product Dimensions: 0.5 x 4.2 x 6.8 inches Shipping Weight: 1.6 ounces Average Customer Review: Be the first to review this item Best Sellers Rank: #5,339,426 in Books (See Top 100 in Books) #47 in Books > Medical Books > Medicine > Internal Medicine > Neurology > Headache #104 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #5971 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

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