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GET THAT HEADACHE SORTED: HOW TO PREVENT AVOIDABLE HEADACHES (PAPERBACK)



Greenslade Creations, United States, 2016. Paperback Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Qualified masseur Bernie Searle demonstrates how headaches can be minimised or even prevented by making the best choices for your mind and body. Searle s mission is to provide health awareness that will strongly position your body for good health as you age. There are many causes for headaches, some of which are unavoidable, but did you know that there are certain..

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- Authored by Bernie Searle
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