



Holistic Pain Relief: How to ease muscles, joints and other painful conditions

Leon Chaitow

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Pain-killers and anti-inflammatory drugs are effective, but can cause long-term problems. What are the alternatives?

In this empowering book you will find drug-free ways to ease muscles and joints and to combat a range of other painful conditions. From manipulative techniques and therapeutic touch to the role of relaxation and stress reduction, all manner of complementary therapies are discussed, enabling sufferers of pain to take control.

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