



Overcoming Arthritis (Natural Health)

Dr. Sarah Brewer

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Dr. Sarah Brewer

Overcoming Arthritis (Natural Health) Dr. Sarah Brewer

Offers a program of complementary medicine and self-care treatments, designed to support the conventional treatment for asthma. This book offers an approach of tailor-made programs, based on the premise that we're all unique, and have different requirements based on our age, gender, lifestyle and genetic background.

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