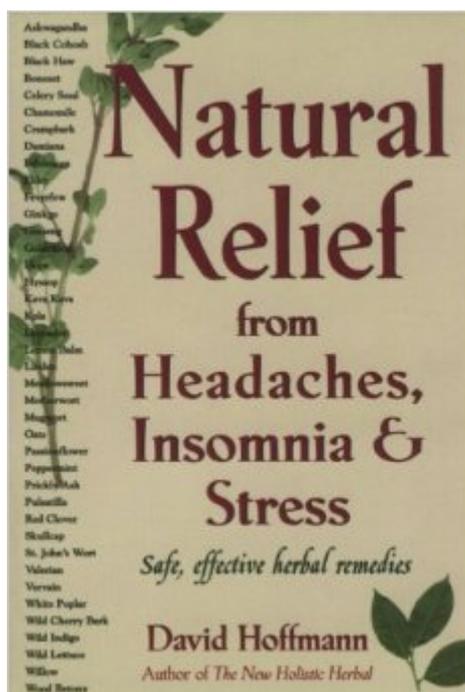


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# Natural Relief From Headaches, Insomnia & Stress: Safe, Effective Herbal Remedies



## Synopsis

An introduction to the biological, psychological and spiritual benefits of plants. Herbal remedies for insomnia range from camomile to valerian, for headaches there are treatments using feverfew, cayenne and echinacea, and there are treatments for tension, PMT and depression.

## Book Information

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Best Sellers Rank: #4,680,229 in Books (See Top 100 in Books) #96 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #2185 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #2318 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#)

## Customer Reviews

This book is incredibly helpful and easy to understand. I would definitely recommend it to anyone who is interested in medicine.

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