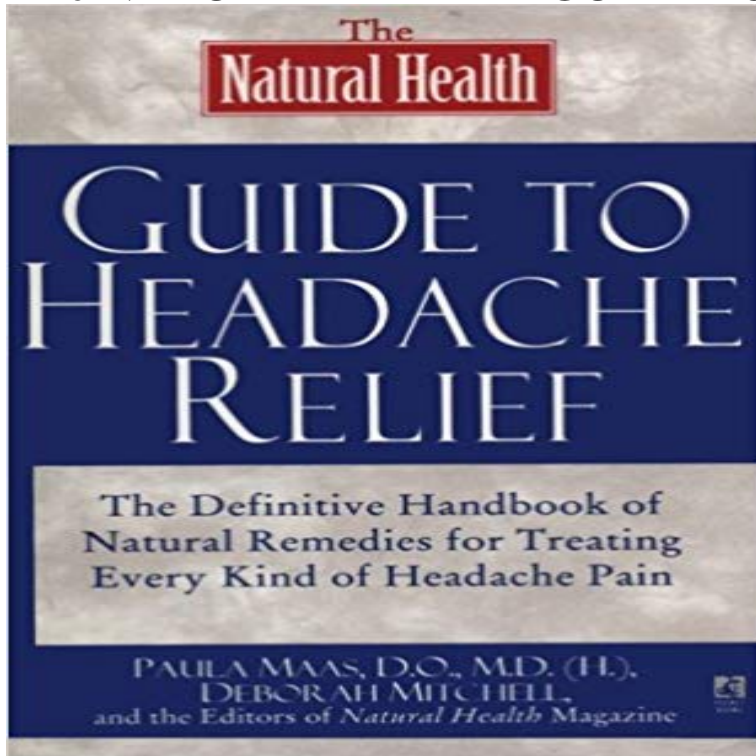


# The NATURAL HEALTH GUIDE TO HEADACHE RELIEF



A collection of natural headache remedies draws from herbal medicine, homeopathy, nutrition and dietary supplements, aromatherapy, acupuncture, biofeedback, and other therapies, and also offers a wealth of trigger identification guidelines.

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