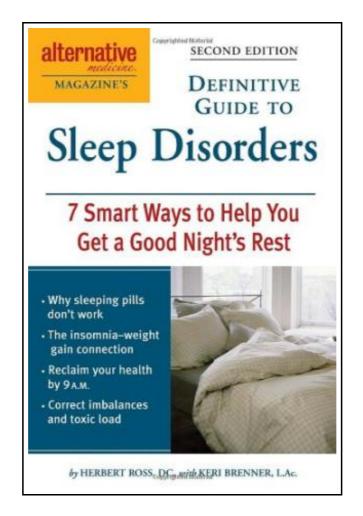
Alternative Medicine Magazine s Definitive Guide to Sleep Disorders: 7 Smart Ways to Help You Get a Good Night s Rest (Paperback)



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Reviews

Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication. (Prof. Damon Kautzer III)

ALTERNATIVE MEDICINE MAGAZINE S DEFINITIVE GUIDE TO SLEEP DISORDERS: 7 SMART WAYS TO HELP YOU GET A GOOD NIGHT S REST (PAPERBACK)



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CELESTIAL ARTS, United States, 2007. Paperback. Book Condition: New. 2nd. 221 x 152 mm. Language: English . Brand New Book. If you suffer from insomnia, sleep apnea, restless leg syndrome, or other sleep disorders, you don t have to endure another long, sleepless night. This second edition of ALTERNATIVE MEDICINE MAGAZINE ?S DEFINITIVE GUIDE TO SLEEP DISORDERS holds the keys to lasting relief from such sleep-disturbing factors as toxic overload and body clock disruptions. Outlining seven reasons why people have trouble falling and staying asleep, sleep specialist Dr. Herbert Ross recommends several natural techniques-detoxification, dietary change, mind-body therapies, exercise, and more-to promote better sleep while enhancing your overall health. Unlike sleeping pills, which decrease sleep quality and become less effective over time, these holistic treatments will benefit your whole body over the long term to help you lose weight, increase immune system function, boost energy, improve mood, and enhance concentration. Good health and vitality are just a good night s sleep away.

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