

an Ayurvedic
Introduction

THE COMPLETE IDIOT'S GUIDE TO

"Written neither
cleverly... nor does it lay
down rules and
straightforwardly
describe a variety of
related treatments."

—David W. Sofars, L.Ac.
President, New
England School of
Acupuncture and
Chinese Herb Medication
Commissioner for
Acupuncture and
Oriental Medicine

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- Expert advice for relieving pain, illnesses, and injuries using Traditional Chinese Medicine
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David W. Sofars, L.Ac.



Complete Idiots Guide To Reflexology

SJ Ball



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