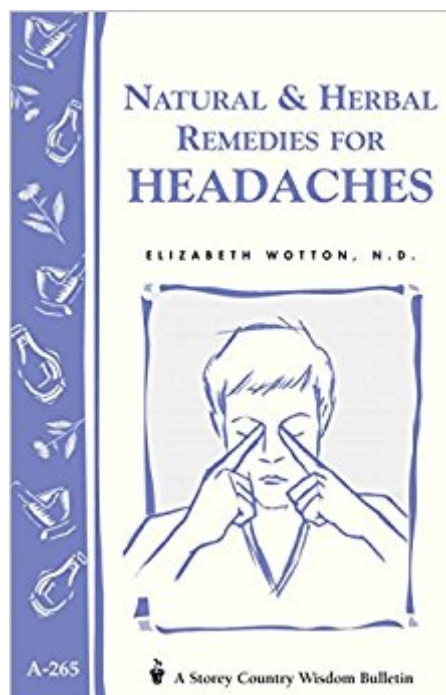




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# Natural & Herbal Remedies For Headaches: Storey's Country Wisdom Bulletin A-265 (Storey Country Wisdom Bulletin, A-265)



## Synopsis

Headaches, which range from mere annoyance to debilitating pain, are the most common health complaint in North America. Over-the-counter medications offer only temporary relief, and prescription drugs can cause serious side effects. Wouldn't you love to know how to treat - and prevent - your headaches effectively, safely, and naturally? In *Natural & Herbal Remedies for Headaches*, Elizabeth Wotton, a licensed naturopathic physician, explains the nature of headaches and offers all-natural preventives and treatments. She'll teach you how to: Figure out what kind of headache you're having Identify what's triggering your headaches Supplement your diet with headache-fighting nutrients Use soothing herbal teas, tinctures, and baths to feel better fast Banish headaches from your life!

## Book Information

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## Customer Reviews

Headaches, which range from mere annoyance to debilitating pain, are the most common health complaint in North America. Over-the-counter medications offer only temporary relief, and prescription drugs can cause serious side effects. Wouldn't you love to know how to treat - and prevent - your headaches effectively, safely, and naturally? In *Natural & Herbal Remedies for Headaches*, Elizabeth Wotton, a licensed naturopathic physician, explains the nature of headaches and offers all-natural preventives and treatments. She'll teach you how to: Figure out what kind of headache you're having Identify what's triggering your headaches Supplement your

diet with headache-fighting nutrients Use soothing herbal teas, tinctures, and baths to feel better fast Banish headaches from your life!

Elizabeth Wotton, N.D., is a naturopathic physician and midwife specializing in women's health, pediatrics, and complementary cancer care. She lives in eastern Massachusetts.

Smaller than I expected but has a lot of good, practical information. Bought it for my teen that has a variety of headache types.

Doesn't work

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