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HEAL YOURSELF THE EUROPEAN WAY

by Betsy Morscher

with a Foreword by Joel Miller, M.D.

In this book, a global health researcher reveals the extraordinary healing methods used today at the leading "spas" and health centers of Europe. She reports in detail on what they recommend, what else they prescribe, and how to duplicate their special baths and other treatments right in your own home.

Heal Yourself The European Way

Shasha Hu



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