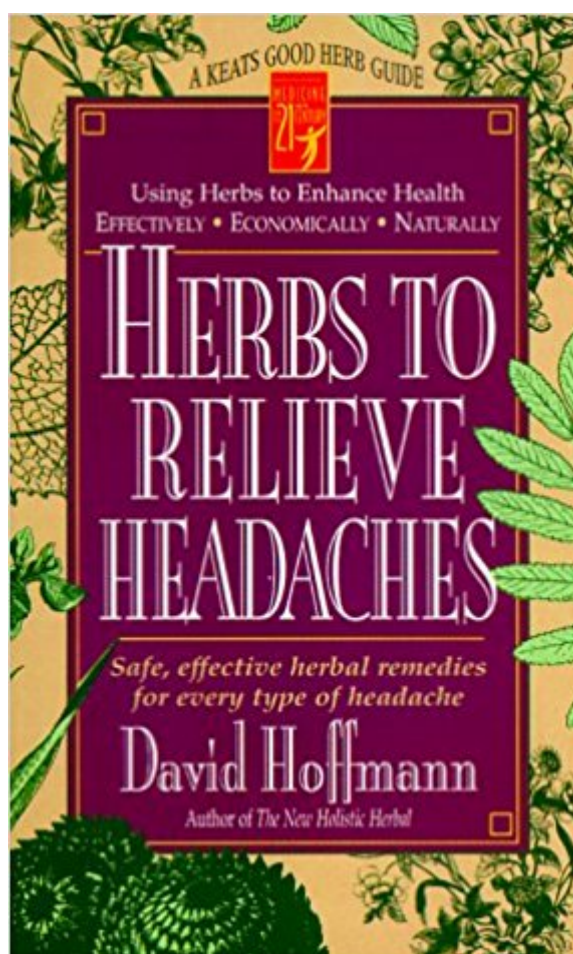


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# Herbs To Relieve Headaches: Safe, Effective Herbal Remedies For Every Type Of Headache (Good Herb Guide Series)



## Synopsis

Explores the different causes of headaches and the appropriate herbs for each. The book suggests feverfew for migraine, camomile to relax the nervous system, ginseng for stress, and white willow bark, cayenne, peppermint and echinacea as other natural alternatives.

## Book Information

Series: Good Herb Guide Series

Paperback: 96 pages

Publisher: Keats Pub (January 1997)

Language: English

ISBN-10: 0879837667

ISBN-13: 978-0879837662

Product Dimensions: 0.5 x 4.2 x 6.8 inches

Shipping Weight: 1.6 ounces

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