



5 Steps Towards Managing Aches & Pains

By Anjali Arora

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, 5 Steps Towards Managing Aches & Pains, Anjali Arora, Aches and pains, if neglected, can easily disrupt one's daily routine. They have long-term effects if left untreated. Aches may be as a result of the body's response to some nutritional/mineral deficiency, hormonal disorders, chronic diseases or a bad posture. This book focuses on the symptoms and causes of arthritis, osteoporosis etc. It eliminates traditional myths about various diseases. It also provides an advisory for the treatment of aches and pains.

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