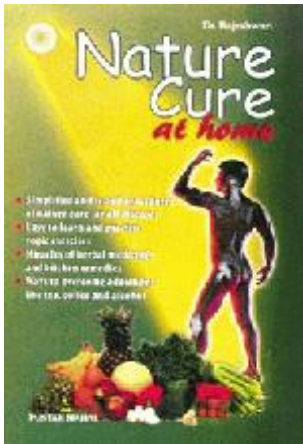




Nature Cure At Home



Author: Dr. Rajeshwari
Format: Paperback
ISBN: 8122301010
Code: 8859G
Pages: 232
Price: Rs. 80.00 US\$ 4.00

Publisher: Pustak Mahal
Usually ships within 15 days

This nature cure book gives you deep insight into the practical solutions for common as well as chronic diseases!

An eminent nature-therapist Dr. Rajeshwari gives the best practical tips. The book discusses the causes of almost all the common ailments like fever, constipation, respiratory and skin diseases, etc. and suggests remedies that can easily be practiced by the reader at home through nature-cure. Illustrated and simplified terms make it an easy learning hand-guide.

Main issues discussed include:

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- *Easy-to-learn & practice yogic exercises
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