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## Natural Q's: A Guide to Healthy Living

By Dr Emil Faithe, Emil Faithe

Timeless Voyager Press, United States, 2004. Paperback. Book Condition: New. 223 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Natural Q's: A Guide To Healthy Living by Dr. Emil Faithe other supplements these days. The problem is that there are so many supplements available from so many companies, all touting magical cures for almost anything that ails you. What can we believe? Which supplements really are effective for what conditions? More importantly, which supplements are safe for you? Natural Q's: A Guide to Healthy Living is filled with realworld guidance and advice that can help you select the natural medicines, and treatments that are safe, and perfect for YOU. Dr. Emil Faithe explains the when and how to use natural medicines like: Acidophilus, Aloe Vera Juice, Black Cohosh, Calcium, Co-EnzymeQ10, Digestive Enzymes, Echinacea, Fish Oil, Flax Seed Oil, Garlic, Ginkgo Biloba, Glucosamine/Chondroitin, Inositol, Kava, Magnesium, Melatonin, Milk Thistle, MSM, and much more. Natural Q's: A Guide to Healthy Living includes natural treatment plans for: Anxiety, Arthritis, Cholesterol Elevation, Hypertension, Constipation, Diabetes, Irritable Bowel Syndrome (IBS), Chronic Fatigue Syndrome/Fibromyalgia, Insomnia, Menopausal Symptoms, Migraine Headaches, Weight Management, and much more.



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