



Med Express: Overcoming Allergies (Natural Healing Collection)

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The Med Express Natural Healing Collection Holistic Medicine is an array of healing and self-help practices drawn from many cultures. The goal of holistic medicine is to facilitate the body's natural healing processes through complementary or alternative therapies. The new Med Express Collection, with its dynamic design and complete overview of ailments and natural health remedies, is the ultimate resource for those interested in improving their health naturally. This new, original series features health tips, home remedies, relaxation techniques, massages, aromatherapy and exercises based on ancient Eastern healing arts, including yoga, reiki, and meditation.

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