

How To Live A Life Without Pain - Verona Chadwick

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There's no need to be tired, stressed and in pain! Imagine a life without annoying aches and pains. Loads of energy to get back out on the golf course, walk the dog, or return to the activity of your choice. In How to Live a Life Without Pain, Verona Chadwick, author and founder of the Get A Life Integrated Health Method, will show you how to unlock the keys to optimal health, live pain-free, and ensure you're functioning at a peak level physically and energetically. Reclaim your life today! You'll learn:* Proven steps to get rid of aches and pains, and put the fun back in your life* Effective treatment secrets to put you on the path to recovery fast* The hidden triggers of pain and inflammation and what to do about it* The breakthrough clues that experts look for when helping their patients* Discover what foods can impact your brain* The essential nutrients our brain and nerves need to calm pain signalling and give you relief* Easy steps to unlock the keys to optimal health and live pain free Reclaim your freedom today!Author: Chadwick, Verona Publisher: Verona Chadwick Illustration: N Language: ENG Title: How to Live a Life Without Pain Pages: 00264 (Encrypted EPUB) On Sale: 2013-01-01 SKU-13/ISBN: 9781921630972 Category: Health & Fitness : Pain Management

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