



Holistic Pain Relief: Dr. Tick's Breakthrough Strategies to Manage and Eliminate Pain

Heather Tick MD

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Chronic pain has become an epidemic in North America, yet our current health care system is ill equipped for treating sufferers. An expert in both conventional and holistic medicine, Dr. Heather Tick has spent twenty-five years treating patients for whom “all else has failed.” Based on her experience, Holistic Pain Relief offers practical guidance to anyone with pain. It includes easy-to-implement solutions for effective and permanent pain relief and also offers help to those with chronic conditions who feel confused, worried, or hopeless.

Dr. Tick presents a new way of looking at pain with a focus on health. By helping you make informed choices about physical, emotional, and spiritual living, Holistic Pain Relief offers possibilities for recovery and information on a wide range of treatment and prevention options, including acupuncture, chiropractic techniques, intramuscular stimulation, dietary supplements, medication, nutrition, and exercise. The result is a realistic — and inspiring — prescription for pain-free living.

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What is your hobby? Have you heard this question when you got students? We believe that that issue was given by teacher with their students. Many kinds of hobby, Everyone has different hobby. So you know that little person including reading or as looking at become their hobby. You need to understand that reading is very important in addition to book as to be the matter. Book is important thing to incorporate your knowledge, except your own teacher or lecturer. You discover good news or update regarding something by book. Amount types of books that can you choose to use be your object. One of them are these claims Holistic Pain Relief: Dr. Tick's Breakthrough Strategies to Manage and Eliminate Pain.

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