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"Healthline with
Dr. Pressman"



THE COMPLETE IDIOT'S GUIDE™ TO

Understanding Alternative Medicine

Dr. Alan H. Pressman and Sheila Buff give you:

- † Quick and easy techniques for understanding the different types of alternative medicines
- † Idiot-proof information to integrating conventional and alternative medicine
- † Down-to-earth advice on making informed decisions about your health

"You don't have to be an idiot to understand how simple, easy, and beneficial this book is."



Idiots Guide Medicine

D Kirk



Idiots Guide Medicine:

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