



Naturally Pain Free: Prevent and Treat Chronic and Acute Pains-Naturally

Letha Hadady

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TACKLE YOUR PAIN THE NATURAL WAY

Whether you've dealt with a lifetime of chronic aches and pains or suffer from a specific ailment, when you're in constant pain, relief is the only thing on your mind. Are you using the same over-the-counter painkiller to treat everything from toothaches to knee pain? If so, you may only be providing a temporary mask to your suffering—not healing it—and it's only a matter of time before the pain returns.

Every pain is unique, from headaches to back strains to arthritis, and there's no one-solution-fits-all to alleviate your suffering. Natural remedies expert Letha Hadady knows that to treat pain you must focus on the cause. Organizing her advice by both symptom and type of pain, Hadady guides you on how to use a variety of all-natural herbs, extracts, and pills to ease and control the source of your suffering.

Find Natural Pain Remedies For:

- Arthritis
- Sciatica
- Backaches
- Chest Pains
- Nerve Pain
- Migraines
- Burns
- Knee Discomfort
- Carpal Tunnel Syndrome

And More...

Praise for Letha Hadady

"There is no one else of Letha's stature, experience, and knowledge in the field of alternative medicine." —ALICE RHEE, *NBC NEWS*

"The Martha Stewart of herbs." —*CONDE NAST TRAVELER*

"Her encyclopedic knowledge of health and beauty is evident." —*DAILY NEWS*

"Letha unearths the wisdom of the ancients." —*NEW YORK POST*



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Frank Craver:

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Raquel Black:

People live in this new time of lifestyle always try and and must have the time or they will get lots of stress from both lifestyle and work. So , if we ask do people have time, we will say absolutely of course. People is human not really a robot. Then we ask again, what kind of activity have you got when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the particular book you have read is actually Naturally Pain Free: Prevent and Treat Chronic and Acute Pains-Naturally.

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