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Passionflower • Hops • Lady's Slipper • GABA

And conventional medical treatments



Constance Gauds, R.Ph.

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Natural Pharmacist Kava And Anxiety

**Anna M. Barton,Elizabeth
Collins,Nancy Berkoff**



Natural Pharmacist Kava And Anxiety:

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The Natural Pharmacist Kathi Head, 2000 A guide discussing alternative treatments for controlling your blood sugar

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Brain Fog Binyamin Rothstein, 2005 What Is Brain Fog Are you forgetting things that you used to remember easily Do you feel sometimes like you re slogging through mud and just not as sharp and clear as you once were Whether it is due to stress fatigue poor nutrition a shift in sex hormones food allergies or an infectious disease there are times when our mental faculties are less than optimal You no longer need to be at the mercy of mental confusion again Finally you have the book that will give you the answers and solutions you need As a pioneer in his field Dr Binyamin Rothstein has developed an indispensable resource guide to the workings of the brain and how you can maintain a sharp and clear mind throughout your life

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