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# **Relieve Jet Lag**

**Chrystle Fiedler** 

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The Cure for Jet Lag Lynne Waller Scanlon, Charles F. Ehret, 2008-06 A three step system developed at Argonne National Laboratory and used by Fortune 500 executives and the U S Army Rapid Deployment forces **88 Natural Remedies** ,2013-10-01 This National Geographic health book provides portable answers to treating common ailments using proven natural therapies Runny nose watery eyes sinus headache Don t reach for the Claritin Instead learn how to treat seasonal allergies with nasal lavage a time honored practice Upset stomach Forget chalky antacids instead wear an acupressure wrist band or chew on a teaspoon of fennel favored by Indians for combating the effects of spicy food Fight insomnia with valerian root the leading natural herb to promote quality sleep with no side effects Sections include Acupressure use a wrist band to relieve motion sickness soothe sore feet treat constipation relieve wrist tension alleviate headaches and neck tension and more Aromatherapy De stress in the tub relieve a headache scent a room to create a mood mix a body oil make a compress and more Ayurvedic Medicine learn the Sanskrit history of the science of life and longevity how to evaluate practitioners about ayurvedic energy prints and more Breath Therapy Relax with Wu Do the 4 7 8 relaxation breath strengthen diaphragm muscles use the 20 Cycle Breath to improve concentration and more Herbs Fennel Peppermint Valerian Root Chamomile Hydrotherapy drink the correct amount of water for your body fight a cold treat a bruise rub away fatigue soothe a sunburn and more Massage Therapy learn quickie massages to do on yourself to release facial tension relax your shoulders help your hands and release your lower back Meditation specific exercises designed to focus on your breath chant focus on touch be mindful Nasal Lavage and Steam Therapy clears sinuses relieves congestion Qigong a five minute meditation to focus your gi energy learn and practice the simple eight postures of gigong Reflexology follow instructions to perform a simple reflexology treatment that can be done anywhere to relax and invigorate your hands Shiatsu learn how to choose a good shiatsu practitioner follow instructions to perform a full body shiatsu routine on yourself Traditional Chinese Medicine learn about herbs heat and cupping Yoga learn or perfect your chair pose tree pose and cobra **National Geographic Complete Guide to Natural Home Remedies** National Geographic, 2014 Discover over a thousand natural remedies for a variety of ailments including hiccups painful joints chapped lips and headaches The book also provides helpful tips for healthier living including how to fall asleep practice basic meditation clean vinyl floors and add nutritional value to foods The Complete **Idiot's Guide to Natural Remedies** Chrystle Fiedler, 2009-01-06 It s amazing what a little peppermint and a couple of walnuts can do The health conditions Everything from heart disease cancer and migraines to insomnia PMS and allergies The remedies Fish oils peppermint lavender blueberry yogurt and old fashioned vitamin C This is a complete reference book for readers who want scientifically researched recommendations for the best all natural treatments for specific conditions presented in an easy to follow format Covers complaints and ailments from high blood pressure to bug bites Each treatment based on the latest scientific research Includes natural remedies from herbs and supplements to traditional Chinese

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