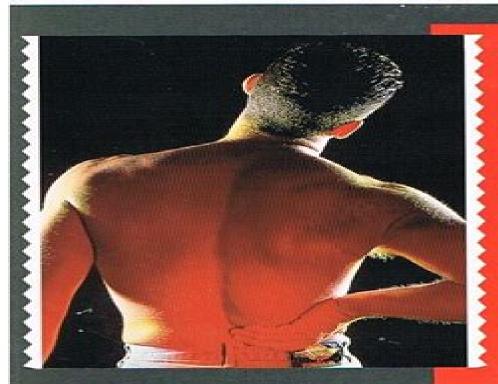
OSTEOPATHIC SELF-TREATMENT



Safe and effective self-help techniques for relaxing tense muscles and easing pain

LEON CHAITOW D.O., M.R.O.

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Osteopathic Self Treatment Safe And Effective Self Help Techniques For Relaxing Tense Muscles:	

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