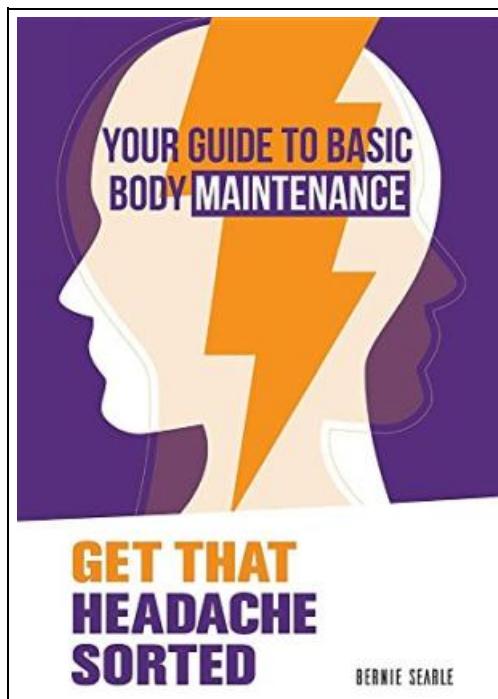


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(Seth Fritsch)

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Greenslade Creations, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Qualified masseur Bernie Searle demonstrates how headaches can be minimised or even prevented by making the best choices for your mind and body. Searle's mission is to provide health awareness that will strongly position your body for good health as you age. There are many causes for headaches, some of which are unavoidable, but did you know that there are certain things you can do to reduce the impact of most types of headache? Get That Headache Sorted provides some insight to the main causes of headaches and some practical ways you can ease painful recurring headaches. You will learn: - The benefits of regular head and neck massage and stretching routines - The importance of maintaining muscular pliability and flexibility of the neck as you age - How to develop freedom of movement, without the constant threat of debilitating headaches Through specific examples and client testimonials Searle shares over three decades of his remedial massage wisdom showcasing how massage, moderate exercise and regular stretching can change your life! His treatments of massage and natural remedies have contributed to my good health in my later years. His greatest contribution has been to keep me doing what I love most of all, tap dancing, at the ripe old age of seventy nine. Hopefully he will keep me going for many more years. My advice to readers is to do what Bernie says. --Berenice O Farrell Over the years Bernie has developed a reputation for his skill as a massage therapist. In my mind there is no doubt that the publication will assist many readers in their own lives. --David M. R. Levestam.

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