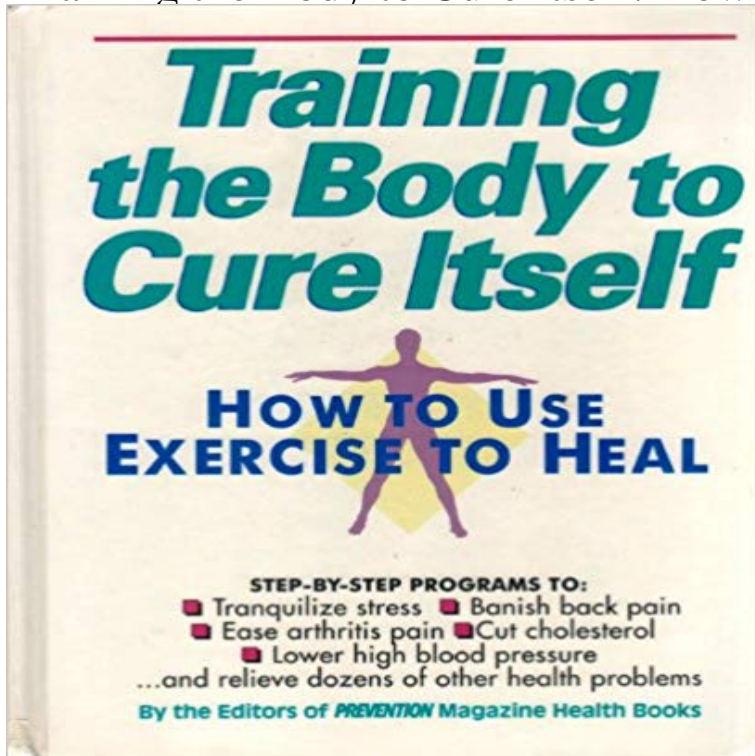


## Training the Body to Cure Itself: How to Use Exercise to Heal



The authors of The Doctors Book of Home Remedies show how to use exercise to heal back pain, arthritis, bursitis, stress, headaches, and more serious ailments, such as heart disease, cancer, and diabetes.

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