



Defeat Common Cold and Nose Allergies

By Harilakshmi Jayachandran

B Jain Publishers Pvt Ltd. Paperback. Book Condition: new. BRAND NEW, Defeat Common Cold and Nose Allergies, Harilakshmi Jayachandran, This title presents a detailed clinical background of those with a systematic proposition of the most commonly indicated remedies under each specialty. Some useful illustrations on the various yogic asanas have been included for practical purposes. This is a handbook of all that one needs to know on effective management of colds in general, equally useful for the lay person as well as the sophisticated practitioner.



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