



# Pure Natural Healing™ Free PDF eBook Download

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All these years I have been taking pills and trying all sorts of weird-tasting herbal remedies, but my migraines still haunted me daily. I do not know what exactly causes my migraines. Even my doctor told me it could be a multitude of factors: diet, sleeping habits, fitness, and the most dreaded one of all - stress. When doctors cannot pinpoint what is wrong with you, they push the blame to stress. It is vague enough to stop you from doing all the things that stress you out. This is everything in life.

Therefore, I began asking all my friends and family to see if anyone else had a problem with frequent migraines. In addition, it turned out that

my cousin Lily, whom I have not seen in ages, used to have them! However, I did not know, because she always skipped out on family gatherings due to her feeling under the weather. I guess now I know exactly how she felt.

Lily told me she used to get such jarring headaches that she would have to stop whatever she was doing and go rest for an hour or two. Aspirin did not relieve the pain much, and doctors kept prescribing stronger painkillers that made her feel physically weak and at times nauseated. I was surprised. Frankly, Lily looked positively healthy when I met her last week to talk about my migraines. Apparently, she found a guide that taught her how to massage her meridian points. At first, I was befuddled. What in the world were meridian points?

She then recommended me the guide that relieved her of her nagging ailment, called Pure Natural Healing. It involved some methods of traditional Chinese medicine that did not require any ingestion of pills or substances, which appealed to me because I have been hearing many bad things about painkillers lately.

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One of the chapters in this comprehensive guide taught me how to relieve my crippling migraines in a few simple - yet specific - steps, and I can proudly say that I have not had one single migraine since I learnt this wonderful skill! Granted, conflicts at work still occur, but instead of being a sitting duck and waiting for the inevitable migraine, I practice the headache-relieving method that I have grown so fond of, and my migraine never develops.

In addition, not only did my migraines go away completely, I realized that many of my other less troubling afflictions could be eliminated as well. I am constantly bloated and constipated because I absolutely hate eating my vegetables, which provide dietary fiber needed to aid digestion. I know, I should eat my veggies, but I just hate the taste so much! In this guidebook, I found the perfect way to get rid of my constipation issues. It turns out that I could just use my hands and massage my way to the toilet. The hilarious, ironic thing is that Lily told me she used the guidebook to cure her diarrhea problems instead. Judging from the sheer amount of techniques and contents in the guidebook, almost all of our body's ailments could be treated with meridian therapy.

In fact, I have also been practicing the techniques to fix a cold that I have right now. Many of my colleagues have been getting sick and passing the flu bug around, so the line at our company-appointed doctor is horrifyingly long. I am not one for patience; hence waiting in line for hours is not going to cut it for me. It came to me that I should refer to Pure Natural Healing and sure enough, there was a section on curing the common cold. I have been working on it for the past day, and it might be my mind talking, but I am starting to see considerable results - my sneezes have diminished to a slight sniffle, and my taste buds started working again. I cannot wait to go to work tomorrow to teach my suffering colleagues to cure their colds - I will be hailed as a hero!

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