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Autore	Weeks Philip <1979->
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Sommario/riassunto	Painful bladder syndrome is a common and highly debilitating condition that Western medicine finds notoriously difficult to treat. Blending ancient and modern holistic medical traditions from both East and West, Philip Weeks guides the reader through the process of managing their symptoms effectively using a simple yet powerful combination of natural techniques, nutrition and herbal medicine. Applying his deep understanding of the principles of Ayurvedic and

Chinese medicine, he provides holistic medical perspectives on the causes of PBS, as well as clear explanations of specific holistic meth
