

Western Herbs For Martial Artists And Contact Athletes: Effective Treatments For Common Sports Injuries By Susan Lynn Peterson

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martial arts, and modern Western science. Dit Da Jow is made from herbs put in a glass or polyethylene terephthalate plastic jar and mixed with an alcohol

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Lynn Peterson, PH.D. Her new book, "Western Herb for Martial Artists and Contact Athletes: Effective Treatments for Common Sports Injuries," focuses on Western

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