



SPRAINED ANKLE THERAPY: Home Remedy

Keys for Sprains

Joyce Wingate Boyden

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The sprain therapy described in this eBook is an easy-to-apply remedy to help reduce swelling and throbbing to promote faster healing for sprains. It includes a water therapy method as well as additional use of essential oils, massage therapy and physical therapy to help the healing process. This process has been proven from personal experience and has worked well many times.

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