

Health and Fitness Books - Ordered by Language, then Seq Number

17 May 2012

Health / Fitness

We endeavour to bring you the latest titles as soon as they are available in the Home Countries. Our Booklists are updated and published to our website weekly.

The majority of libraries engage Books Asia on a Supplier Selection basis and provide us with Profiles, Budgets and Timescales. Titles can also be selected and ordered using these Booklists, specifying the Sequence Number and required Quantity.

SEQ	TITLE	AUTHOR	Description	TYPE - AGE GROUP - LANGUAGE - YOP	£
Titles Published in 2012 (13 Titles)					Price Before Discounts
48516	Apanar Chokh	Ali, Syed Modasser Dr.	Eye care sourcebook: eye care and eye disorders	Bengali 2012	£10.00
48274	Harter sunami jhar	Apu, S. K. Dr.	Heart and vascular diseases - how to prevent	Bengali 2012	£7.50
48273	Mukher rog o danter jatna	Hussain, M. Farooq Dr.	Oral Hygiene	Bengali 2012	£8.00
48722	Kan de jian de, wei bi shi xin	Yang, Ji An	Mental health - happiness and well-being	Chinese (T) 2012	£11.67
48719	Yi miao chan no.1 chang xia	Akikazu, Takada	Self-help and coping tips - dealing with anxiety dis	Chinese (T) 2012	£14.70
47202	Diabetes: madhume karan r	Garg, Rajeev Dr.	Understanding diabetes - an overview of the disea	Hindi 2012	£5.00
47200	Sachitra yogasan aur swasth	Sharma, Acharya Vishw	Yoga health benefits: flexibility, strength, posture,	Hindi 2012	£5.00
47167	Bhojan dwara chikitsa bhag	Chauhan, Ganesh Naraya	Home remedies from food (fruits, vegetables, cere	Hindi 2012	£5.00
47068	Sampurna 84 yogasana	Rani, Poonam	Hatha yoga	Hindi 2012	£5.00
48886	Tichya arogyasathi sarvakahi	Atnurkar, Kishor Dr.	Women's health information: pregnancy, infertility,	Marathi 2012	£15.00
49172	Andarla manukh	Singh, Sukhdev	Collected articles on concept of mind and human	Punjabi 2012	£18.00
49077	Bimar kaun? a homeopathic	Saini, R. S. Dr.	Guide of homeopathic remedies	Punjabi 2012	£9.00
47545	Ayurvedic gyan bhandar	Nath, Vaid Megh	Ayurvedic healing	Punjabi 2012	£7.50
Titles Published in 2011 (210 Titles)					Price Before Discounts
45725	300 wasfah wa wasfah li ilaj	Isam, Yusuf	Diabetes Type 2 - herbal cures & natural treatmen	Arabic 2011	£8.00
45719	Ghayar hayatak	Ali, Sayyid	Stress management	Arabic 2011	£10.00
45532	Kayfa tatakhallass min al ikti	Muhammad, Islam	Stress management	Arabic 2011	£8.00
45904	Manasik chaptheke muktir u	Chajjer, Bimal Dr.	Stress management - how to reduce, prevent, and	Bengali 2011	£5.25
45903	201 tips for high blood press	Chhajjer, Bimal Dr.	Strategies to control high blood pressure	Bengali 2011	£6.65
45902	Ojon komanor janno 201 par	Chhajjer, Bimal Dr.	Tips on losing weight	Bengali 2011	£7.00
45890	Thalassaemia and Haemoph	Bhattacharya, Soumya Dr	Blood disorder - Thalassaemia and Haemophilia	Bengali 2011	£8.75
45889	Pokete chikitsa Part 1	Mukhopadhyay, Sujata. D	First Aid guide - information to help you during a	Bengali 2011	£10.00
45133	Ojon komanor 201 tips	Chhajjer, Bimal Dr.	201 Tips for losing weight	Bengali 2011	£9.00
44656	Hothhat wasusthotaay jorure	Hassan, Nazmul Dr.	First-aid guide	Bengali 2011	£10.00
44655	Madakashaktir chilitsha sam	Islam, Mohammad Tazul	Drug abuse and addiction: signs, symptoms, and	Bengali 2011	£12.50
44374	Dure thakuk ashukh bishukh	Kallol, Mizanur Rahmamn	To keep away from illness	Bengali 2011	£12.50
44367	Sharir namer mohashoy	Ashfaq, Sajal Dr.	Health and fitness in everyday life	Bengali 2011	£10.00
44301	Nak kan golar ashukh	Ashfaq, Sajal Dr.	Ear, nose and throat	Bengali 2011	£10.00
43863	Sarir niye kato katha	Bhattacharya, Amitava Dr.	Health and fitness guide	Bengali 2011	£5.00
41579	Shoundarjacharchar jogbaya	Islam, Rakiba	Physical fitness	Bengali 2011	£10.00
40322	Hater muthoy diabetese	Chakrabarti, Shyamal Dr.	Diabetes - diagnosis and treatment	Bengali 2011	£7.00
44650	Tang niao bing yong yao zhi	Yuan, Mei Ying	FAQ on Diabetes	Chinese (S) 2011	£6.40
44647	Lin chuang gao xue ya yong	Li, Shaobo	The latest strategy of drug treatment of hypertensi	Chinese (S) 2011	£14.00
44623	Tang niao bing	Wang, Zhanjian	Diabetes - diagnosis and treatment	Chinese (S) 2011	£20.80
44622	Gao xue ya zhuan jia ke tang	Ma, Jincheng	A guide to blood pressure	Chinese (S) 2011	£5.00
44621	Yu ya li tong xing	Wan, Shi	Stress management	Chinese (S) 2011	£11.92
44620	Gong zuo ya li yu sheng huo	Liu, Yuxin	Stress management	Chinese (S) 2011	£19.20
44616	Tu jie ben cao gang mu zhon	Li, Jian	Chinese Herbal Medicine - fruits and vegetables i	Chinese (S) 2011	£18.00
48738	Jing you jing luo xue - bu lao	Li, Chun Lian	Meridian meditation - rejuvenate an aging body an	Chinese (T) 2011	£16.47
48729	Zhe bei zi zui hou yi ci shou	Hwang, Jihyun	Oxygen therapy and it's effect on losing weight an	Chinese (T) 2011	£19.48
48709	You yu zheng guan jian 50 w	Liu, Jia Yi	Depression: symptoms, tests, diagnosis, causes a	Chinese (T) 2011	£12.93
48397	Nu ren dou gai dong de he e	Liu, Shan	Natural hormone balance for women: look young	Chinese (T) 2011	£14.70
46653	Yan hao te xuan mi fang ji 2	Yim Ho	Traditional Chinese medicine - Eczema types, cau	Chinese (T) 2011	£16.25
46647	Shi mian zi liao: ren zhi xing	Zheng, Jian Rong	Insomnia - causes, cures, and treatments	Chinese (T) 2011	£13.54
46413	Xin li bing de zhong yi liao fa	Zhu, Kangmei	Sick psychology	Chinese (T) 2011	£16.25
46410	Yi shou jiu shi yi bei zi ! qiu z	Qiu, Zheng Hong	Lose weight tips and diets	Chinese (T) 2011	£19.38
46407	Ren shi jing shen bing	Ding, Zhipei	Psychosis - causes, symptoms, diagnosis, and tre	Chinese (T) 2011	£17.29
46383	Ku gua ke yi gai shan tang ni	Jian Kang Yan Jiu Zhong	Bitter Gourd - natural diabetes cure	Chinese (T) 2011	£10.42
45671	Ming xiang, shi fang song de	Zhang, Man	Stress management	Chinese (T) 2011	£18.07
45669	Zhong yi ti zhi mei rong	Fu, Jie Ying	Chinese medicine for healthy body	Chinese (T) 2011	£19.50
45668	Pi fu wen ti guan jian wen zh	Huang, Yu Hui	Skin problems and treatments - symptoms and ty	Chinese (T) 2011	£14.07
45667	Xi yao . qiao tun . mei tui . xi	Nakatsuji, Tadashi	The deep muscle massage to firm and shape the l	Chinese (T) 2011	£16.78
45666	Ni bu ke bu zhi de jian kang	Liu, Zhan	Easy fitness activities	Chinese (T) 2011	£17.00
45662	Zhi yao 7 tian !10 yuan xiao	Rokkan, Simizu	Fast weight loss tips and exercises to lose weight	Chinese (T) 2011	£17.00
45661	Kong hu lu: zhong yi xin li zhi	Qiu, Hong Zhong	History of traditional Chinese medicine	Chinese (T) 2011	£18.00

SEQ	TITLE	AUTHOR	Description	TYPE - AGE GROUP - LANGUAGE - YOP	£
45660	Xin nao xue guan ji bing she	Liu, Jun	Hypertension - causes, symptoms, prevention and	Chinese (T) 2011	£14.50
45325	4 Zhou quan fang wei shou s	Zhang, Bin	Benefits of yoga - stress reduction, metabolism, w	Chinese (T) 2011	£17.50
45285	Qing ying qu xian mei ren: w	Yuan Qi Xing Qiu Gong Z	Health and Fitness - weight loss guide	Chinese (T) 2011	£15.31
45284	Zhan sheng tang niao bing	Kawakami, Masanobu	Health and Fitness - beat diabetes naturally witho	Chinese (T) 2011	£17.22
45278	Zhi ming zhuan jia xi shuo: t	Hang, Jian Mei	Diabetes - risks, symptoms, causes, diagnosis, an	Chinese (T) 2011	£14.03
45277	La jin shen zhan jian jian mei	Nitto Shoin Honsya	Physical fitness and exercises	Chinese (T) 2011	£19.50
45251	Zhi ming zhuan jia xi shuo g	Xu, Zhi Min	Hypertension and high cholesterol - causes, preve	Chinese (T) 2011	£15.21
43931	Qing xu tan re zhen	Sing Tao Media Develop	Mental health	Chinese (T) 2011	£14.17
43928	Zhong cao yao su ren tu ji	Tianyu	Chinese herbal medicines	Chinese (T) 2011	£8.54
43921	Shi zhen - zeng ding ban (in	University of Hong Kong L	Eczema prevention guide	Chinese (T) 2011	£18.00
43902	Qing xu jue ding ni de jian ka	Schindler, John A.	A tested method for living without sickness, fear, f	Chinese (T) 2011	£17.29
43892	Gao xue ya zi ran liao fa	Cai, Shu Tao	High blood pressure - natural remedies	Chinese (T) 2011	£20.75
43891	Yan hao texuan mifang ji	Yim, Ho	Traditional Chinese medicine	Chinese (T) 2011	£16.25
46950	Ma promesse anti-age	Grosogoeat, Herve Dr.	Anti-aging diet - slow down the aging process nat	French 2011	£13.98
46818	Jivan, maran ane tabibikshet	Manu, Kothari Dr.	A practical look at life, death and the medical field	Gujarati 2011	£10.50
46815	Cancer: ketalik bhramna ket	Manu, Kothari Dr.	Cancer myths, realities of cause and cure	Gujarati 2011	£12.00
46232	Pranayam	Vyas, Prabhushankar Nar	Yoga basics - your guide to the Practice of Yoga	Gujarati 2011	£8.00
46064	Swa-Chikitsa	Shah, Rasik C.	Self medication	Gujarati 2011	£17.50
44212	Jano tamara stanne	Pandya, Geeta Dr.	Articles - breast cancer	Gujarati 2011	£10.50
44202	Tabibi kshetre hisa samasya	Kothari, Manu Dr.	Articles - medicine and diseases	Gujarati 2011	£8.75
43879	Find your fitness	Mehta, Mukund Dr.	Fitness guide	Gujarati 2011	£12.00
48328	Sankramak beemariyon se k	Swarnakar, Premchandra	Prevention of epidemic diseases	Hindi 2011	£12.50
48311	Ghar ka Doctor	Sharma, Prempal	Home remedies, natural cures and information on	Hindi 2011	£12.00
48302	Haath saaf, swasthya jeevan	Ranjan, Rakesh	Hand hygiene promotion in India	Hindi 2011	£7.50
48301	Predictive homoeopathy	Vijayakar, Prafull Dr.	Homeopathy: healing through homeopathy	Hindi 2011	£12.00
47235	Mera ahar mera swasthya (s	Niraj, Nagendra Kumar Dr	Therapeutic uses of vegetable juices	Hindi 2011	£13.50
47233	Adrak	Gupta, Rajkumari	Ayurvedic treatment through ginger	Hindi 2011	£6.00
47232	Lahsun evam pyaz	Chauhan, Ganesh Naraya	Therapeutic use of garlic and onion	Hindi 2011	£6.00
47230	Baheda	Vijayverghe, Anurag Dr.	Therapeutic use - Terminalia chebula	Hindi 2011	£6.00
47228	Gehun ke jawaare	Kapil, Surendra	Therapeutic use - vegetable juices (wheat grass a	Hindi 2011	£6.00
47227	Gajar muli aur tamatar	Chauhan, Ganesh Naraya	Vegetable naturopathy	Hindi 2011	£6.00
47226	Prakritik upchar ki vidhiyan	Rastogi, Rajivi	A handbook of natural remedies for common ailm	Hindi 2011	£6.00
47225	Chumbakiya chikitsa	Trivedi, Piyush Dr.	Magnetic therapy	Hindi 2011	£12.00
47224	Kabz ki prikritik chiktka	Rastogi, Rajivi	Naturopathy - treatment for constipation	Hindi 2011	£6.00
47223	Nimbu	Gupta, Rajkumari	Ayurvedic treatment through lemon	Hindi 2011	£6.00
47222	Bhojan dwara chikitsa bhag	Chauhan, Ganesh Naraya	Home remedies from food (fruits, vegetables, cere	Hindi 2011	£12.00
47221	Stri evam baal rog chikitsa	Gupta, Rajkumari	Diseases of women and children - treatment throu	Hindi 2011	£12.00
47220	Yog dwara saundarya	Gahlot, Sushila	Guidebook - maintain beauty through yoga (hatha	Hindi 2011	£16.00
47218	Jivan ka amrit shehad	Rastogi, Yugaprabha	The healing power of honey - treatment of diseas	Hindi 2011	£6.00
47217	Sanjivini buti tulsi	Gupta, Rajkumari	Ayurvedic treatment through tulsi (Ocimum tenuifl	Hindi 2011	£6.00
47216	Bina dava ilaaj	Jashnani, Jaimala	Naturopathy and alternative treatment	Hindi 2011	£12.50
47215	Kya kayen aur kyon	Chauhan, Ganesh Naraya	Various diseases and their diet treatment	Hindi 2011	£15.00
47214	Reiki se chikitsa kaise Karen	Jain, Devendra Dr.	How to heal with Reiki (Reiki system of touch ther	Hindi 2011	£12.50
47213	Ahar chikitsha	Gupta, Rajkumari	Natural diet treatments according to the diseases	Hindi 2011	£14.00
47212	Pachantantra rogon ki prakrit	Chauhan, Ganesh Naraya	Natural remedies for abdominal pain	Hindi 2011	£12.00
47211	Raktalpatka ki prakritik chikits	Niraj, Nagendra Kumar	Anaemia treatment through naturopathy	Hindi 2011	£12.00
47210	Praktika evam yoga chikitsa	Niraj, Nagendra Kumar	Naturopathy and yoga	Hindi 2011	£14.40
47209	Hardaya evam samanaya ro	Jain, Vishno Dr.	Treatment tips for heart diseases and other gener	Hindi 2011	£15.00
47208	Asadhya rogo ke saral chikit	Niraj, Nagendra Kumar	Various diseases and their treatment through natu	Hindi 2011	£15.00
47207	Bhojan dwara chikitsa bhag	Chauhan, Ganesh Naraya	Home remedies from food (fruits, vegetables, cere	Hindi 2011	£15.00
47206	Mera ahar mera swasthya (a	Niraj, Nagendra Kumar	Grain and fruit - therapeutic use	Hindi 2011	£13.50
47205	Prakritik swasthya evam sau	Kapil, Surendra	Yoga and health	Hindi 2011	£6.00
47203	Samanya rogon ki saral chiki	Chauhan, Ganesh Naraya	On various diseases and their treatment through d	Hindi 2011	£18.00
47201	Malish dwara rog upchar	Sharma, Rajeev Dr.	Massage therapy : principles and practice	Hindi 2011	£5.00
47199	Motape se chhutkara	Sharma, Acharya Vishw	Weight loss and weight management through diet	Hindi 2011	£5.00
47196	Bhojan dwara swasthya aur	Goyal, O. P.	Diet and health - dietary treatment for disease	Hindi 2011	£13.95
47195	Inhe bhi azmaein	Agrawal, Gauri	Home safety tips	Hindi 2011	£14.95
47192	Mera ahar mera swasthya bh	Niraj, Nagendra Kumar	Nutrition and health advice for a healthy lifestyle	Hindi 2011	£13.50
47191	Mera ahar mera swasthya (s	Niraj, Nagendra Kumar	Therapeutic uses of vegetable juices	Hindi 2011	£8.75
47190	Mera ahar mera swasthya (a	Niraj, Nagendra Kumar	Grain and fruit - therapeutic use	Hindi 2011	£8.75
47189	Swadeshi chikitsa ke safal pr	Chauhan, Ganesh Naraya	Homeopathy	Hindi 2011	£6.30
47168	Bhojan dwara chikitsa bhag	Chauhan, Ganesh Naraya	Home remedies from food (fruits, vegetables, cere	Hindi 2011	£5.00
47163	Swasth mann: nirogi kaya	Bhatia, Sudarshan	Simple tips to sustain good health	Hindi 2011	£12.95
47161	Bhaktiyog	Vivekanand, Swami	Bhakti yoga meditation - knowledge, guidelines an	Hindi 2011	£9.50
47070	Shaktivardhak bhojan - food	Chauhan, Ganesh Naraya	Diet therapy	Hindi 2011	£12.00
45883	Swastha jeewan ke sitamb	Chugh, R. P.	Yoga and yogic therapy	Hindi 2011	£15.80
43660	Acha swasthya kaisa ho	Sharma, Balram Dutt	How to be healthy?	Hindi 2011	£5.00
44696	Sors es serules	Zsuzsa, F. Varkonyi	Stress management	Hungarian 2011	£19.52
48920	Postmartem	Bapat, Ravi Dr.	Health articles	Marathi 2011	£11.50
47197	Homeo batch chikitsa	Vohra, Darshan Singh Dr.	The treatment of various diseases through homeo	Punjabi 2011	£15.00
47126	Changi te naroi sehat	Oberoi, Sohan Singh Dr.	Treatment of various diseases through home rem	Punjabi 2011	£9.00
47066	Falan rahin assan ilaz	National Book Shop	Fruit - medicinal uses and health benefits	Punjabi 2011	£7.20
47065	Sabzian rahin assan ilaj	National Book Shop	Vegetables - therapeutic use	Punjabi 2011	£5.00
44066	Slim sunder te nirogi bano	Oberoi, Sohan Singh	Healthy weight loss	Punjabi 2011	£9.00
43500	Naroi sehat	Gill, Jaswant Dr.	Health guide	Punjabi 2011	£7.50
41787	Homeo bach chikitsa	Vohra, Darshan Singh Dr.	Healthy living	Punjabi 2011	£15.00
39421	Jeewan boondan	Sirhindi, Harchand Singh	Articles on health, sex and life style	Punjabi 2011	£9.00

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44133	Diabit : bemari qand bezuba	Wong, Cynthia B.	Learning to live with diabetes (Noninsuline-depen	Farsi 2011	£15.00
44132	Fishar-e-khoon	Beevers, D. Gareth	Blood pressure causes and remedies	Farsi 2011	£13.95
48010	Konflikt 6 sposobow na niety	Staczek, Marek	Interpersonal conflict and effective communication	Polish 2011	£10.50
48009	Wykorzystaj swoj potencjal p	Murphy, Joseph	Maximize your potential through the power of your	Polish 2011	£14.45
48008	Harmonia zdrowia	Krupka, Krzysztof Janusz	Ways to stay healthy	Polish 2011	£12.45
48007	Jak zyc zdrowo	Golba, Stanislaw Dr.	Easy ways to be healthy	Polish 2011	£14.50
48006	Jak cwiczyc prawidlowo	Przybylska, Agnieszka	Weight training for women - workouts, exercises a	Polish 2011	£17.45
48005	Jak biegac zdrowo	Przybylska, Agnieszka	Running health benefits, tips, techniques and mor	Polish 2011	£27.45
48004	Zatrzymaj mlodosc	Kostrz-Kostecka, Ada	Ways to prevent and slow aging	Polish 2011	£16.00
48003	Pelnia zycia	Blaszczyszyn, Maja	Detox diets and more	Polish 2011	£17.45
47962	Pokonaj stres dzięki techniko	Gmitrzak, Dagmara	Stress management: how to reduce, prevent, and	Polish 2011	£17.45
47961	Uwolnij sie od stresu	Colbert, Don	Stress management	Polish 2011	£14.50
47957	Joga i ajurweda	Frawley, David	Yoga and ayurveda: self-healing and self-realizati	Polish 2011	£23.50
47877	Kuchnia antyrakowa	Tse, Chantal Dr.	Anti-cancer cookbook	Polish 2011	£17.45
47876	100 sposobow na odpornosc	Haigh, Charlotte	The top 100 immunity boosters: 100 recipes to ke	Polish 2011	£12.50
47869	Jedz to co kochasz kochaj to	May, Michelle Dr.	How to: rediscover when, what, and how much to	Polish 2011	£17.45
47866	Dieta w walce z chorobami	Beliveau, Richard	Diets for fighting Cancer, Alzheimer's disease, Dia	Polish 2011	£22.05
47864	Oczyszczanie organizmu dla	Rose, Natalia	A leading nutritionist and authority on detoxificatio	Polish 2011	£19.65
47861	Nadciśnienie tętnicze w cukr	Czarnecka, Danuta	Guidelines for the management of hypertension in	Polish 2011	£29.95
47857	Poradnik młodego diabetyka	Chrzanowski, Monika	Childhood diabetes guide	Polish 2011	£29.50
45050	Praktyczne wskazowki w lec	Wierusz-Wysocka, Bogna	Diabetes - type1 diabetes, causes, symptoms and	Polish 2011	£12.85
45012	Kuchnia dla diabetyków	Macho, Britta	Diabetes - healthy cooking	Polish 2011	£19.39
45010	Cukrzyca zwalcz chorobe die	D Adamo, Peter J. Dr.	The individualized diet solution to staying healthy,	Polish 2011	£15.75
45008	EFT rozwiązanie w zasięgu r	Mygind, Lars	Emotional Freedom Technique - stress managem	Polish 2011	£16.11
44993	Anielska dieta	Virtue, Doreen	The spiritual properties of different food and bever	Polish 2011	£13.83
44314	Choroby serca schorzenia le	Katzenstein, Larry	Living with heart disease	Polish 2011	£13.29
44313	Wysokie ciśnienie	Ederer, Peter Dr.	Symptoms of hypertension, its causes and conse	Polish 2011	£10.27
44312	Cholesterol pod kontrola	Raschke, Katrin	Mechanisms of metabolism, fats and cholesterol i	Polish 2011	£8.89
44310	10 prostych sposobow radze	Wheeler, Claire Michaels	10 simple ways to cope with stress	Polish 2011	£17.73
44309	Przez relaks do szczescia (in	Straburzynska, Katarzyna	Practical exercises how to rid yourself from stress	Polish 2011	£11.07
44305	Co jesc przy cukrzycy	Magee, Elaine	Guide for people with diabetes - symptoms of diab	Polish 2011	£7.51
44304	Jak zyc z cukrzycy poradnik	Watson, Julie V.	A personal message by the author, about what is	Polish 2011	£11.96
44303	Zwycezy cukrzyce	Taton, Jan	Guide for people with diabetes - symptoms of diab	Polish 2011	£17.33
44290	Rosliny lecznicze	Bellona SA	Herbal medicine from across the world	Polish 2011	£15.56
44287	Ziola w kuchni i domowej apt	Bohne, Burkhard	Herbal medicine - A guide for cultivation of herbs	Polish 2011	£13.29
43326	Pilates krok po kroku	Ellsworth, Abby Dr.	Pilates guide	Polish 2011	£15.11
43322	Jak dobrze wygladac po 40	Ibisz, Krzysztof	Fitness guide	Polish 2011	£8.84
43320	Codzienna medytacja OM	Taylor, Madisyn	Mental health : Meditation	Polish 2011	£17.47
43294	Pokonaj depresje, stres i lek	Briers, Stephen Dr.	Stress management	Polish 2011	£13.29
47655	Emagrecer e divertido	Blythe, Samuel G.	Healthy weight loss and dieting tips	Portuguese 2011	£9.95
47652	A minha sexualidade	Jocelyne, Robert	Addresses questions pre-teens have about pubert	Portuguese 2011	£13.65
47495	Ne otkladyvaj mechtu na zav	Ushkov, A.	Meditation	Russian 2011	£17.50
46031	Lechebnoi pitanie pri sahar	Dubrovskaia, S. V.	Cure and prevent diabetes mellitus with diet	Russian 2011	£7.00
46030	Diabet, eda kotoraja lechit b	Rakovskaia	Diabetes diet: a simple cure for diabetes without d	Russian 2011	£12.00
48625	Udalin mozhi	Umarfarook, A.	Health guide - how to take control of your health	Tamil 2011	£5.00
48596	Endru muthal sujok acupress	Vijaya, S.	Sujok Acupressure - alternative healing therapy	Tamil 2011	£6.30
48585	Aarokiya vazvuku acupunctu	Sakthivel, Rathina	Acupuncture illustrated guide	Tamil 2011	£9.45
48578	Tension ean varugiradhu ea	Devnath, C. S.	Stress management	Tamil 2011	£6.30
48575	Moochu ragasiyangalum pay	Pathi, R. V.	Benefits of breathing exercises	Tamil 2011	£6.30
47948	Udalae relax please!	Raveendran, K. G. Dr.	Health guide	Tamil 2011	£9.98
47942	Mulikai maruthuvam	Tirunanam, C.	Nutritional and herbal medicines guide	Tamil 2011	£11.40
47941	Acupressure - oru arputham	Jayalakshmi, J. Dr.	Acupressure - a guide to self-care for common ail	Tamil 2011	£9.45
47940	Noi thirkkum muthrigal	Nayagam, John B. Dr.	Acupressure points and massage treatment to cur	Tamil 2011	£14.25
47939	Aarokiyathai aali valamkum	Venkatachalam Dr.	Benefits of homeopathy	Tamil 2011	£10.50
46785	Pranayama	Mithra, Yogesh	Importance and benefits of pranayama (classical I	Tamil 2011	£5.00
46784	Dhiyanam malargalaga mala	Sri Hari, Swami Sri Ragav	Yoga basics - guide to the practice of Yoga	Tamil 2011	£5.25
46782	Dhiyanathaal ulakathai vellu	Udhayadheepan	Meditation: introduction, techniques and it's bebefi	Tamil 2011	£5.25
46295	Noei enbathu oru varam	Vijayan, S.	General information - different types of diseases	Tamil 2011	£6.50
46294	Mooligai maruthuvam	Thirunanam, S.	Importance of herbal medicines	Tamil 2011	£11.40
46284	Eirkai unavai noitheerkum m	Appan, M. A.	Natural food to cure diseases	Tamil 2011	£14.25
46280	Oonavu maruthuvam	Mudhaliar	Medicine for life - the importance of food	Tamil 2011	£6.83
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