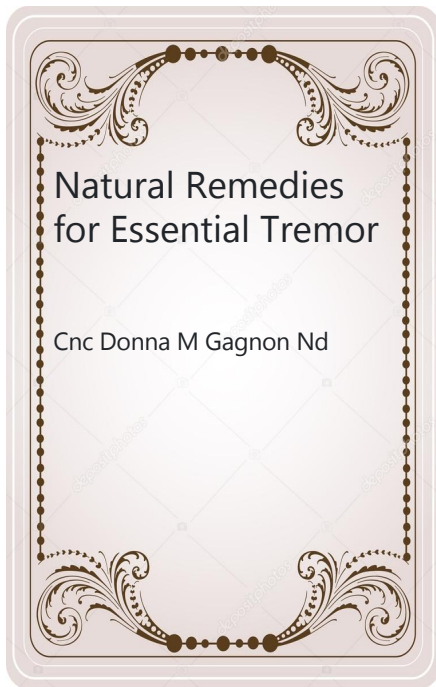


Natural Remedies for Essential Tremor

Cnc Donna M Gagnon Nd



Essential tremor, a benign condition that causes people to shake when they move, affects men and women of all backgrounds and health conditions. Although no actual cure exists for this condition, there are numerous ways to determine potential causes or triggers of essential tremor and mitigate the symptoms. In *Natural Remedies for Essential Tremor*, certified nutritional consultant and naturopath Donna M. Gagnon helps readers identify common causes of this neurologic condition and then shares natural remedies to help heal the brain and spinal column, thereby reducing both the symptoms of essential tremor and the risk of other neurodegenerative diseases. Divided into four parts, this book provides an overview of essential tremor, a discussion on conventional treatments available, a detailed explanation of 24 natural remedies to relieve symptoms, and an invaluable section that helps readers put all of the pieces together and design a personalized plan. Clear, concise, and packed with information on both disease and treatment, *Natural Remedies for Essential Tremor* is a wonderful resource for anyone who suffers from this condition-or cares about someone who does.

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