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For some, a pain-free life is only a memory, but it doesn't have to be. Through my experience in healing my own back pain, coupled with extensive training and research, I have developed a technique to alleviate back pain--the Gokhale Method. Smart Mom's Guide to Essential Oils: Natural Solutions for a Healthy Family, Toxin-Free Home and Happier You [Mariza Snyder] on Amazon.com. *FREE* shipping on qualifying offers. Offers over 50 of the most useful essential oil recipes for tackling every mom's daily needs As a mother Textbook Solutions Master the problems in your textbooks. With expertly written step-by-step solutions for your textbooks leading the way, you'll not only score the correct answers, but, most importantly, you'll learn how to solve them on your own. Diseases of the gastrointestinal tract are common. There is increasing appreciation of the importance of the immune system in the pathogenesis of a number of these diseases.