

Aroma Therapy For Non-Surgical Treatment Of The Cervical Herniated Disc

Aroma therapy is using the sense of smell to help you heal, and I totally endorse that and love it and who wouldn't love that, but as far as treating a cervical herniated disc, I do not believe it is going to have a tremendous impact on you getting better.

So the bottom line with aroma therapy is why not do it. It is not going to harm you, but don't think that it is going to have any direct impact on the cervical herniated disc. It is not a first line approach, but some thing you can add in to make you feel better, and I have no problem with people doing that.

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