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Toenail Fungus Cure

How to Cure Toenail Fungus Quickly and Easily Using Natural Remedies Without Medication in 60 Days Or Less

Createspace Independent Publishing Platform Learn How To Cure Your Toenail Fungus in 60 Days or Less Using Easy Natural Remedies Without Medication Have you noticed that slight discolored look on your toenail and wondered what it could possibly be? If you have, and you've followed up with some basic research you're likely surprised (and perhaps a bit embarrassed) to learn that it's toenail fungus. How it got there at that point doesn't matter, you just want it to go away-and fast. That's where this book comes in. You're going to get an overview of what causes toenail fungus, exactly, along with some great ideas on how to manage it. Not everything involves intensive medical care or surgery to take care of. With a bit of "know how" and effort, you can take care of these embarrassing problems yourself so you can get back to running around barefoot, sinking your toes into the sand or carpet anytime you want, without feeling embarrassed or self conscious. **SCROLL UP AND CLICK 'BUY' TO ORDER YOUR COPY INSTANTLY**

Neal's Yard Remedies Healing Herbs

Treat Yourself Naturally with Homemade Herbal Remedies

Dorling Kindersley Ltd Join the journey to natural wellness and treat yourself with this handy book of herbs and homemade remedies. Introducing Neal's Yard Remedies Healing Herbs - a one-stop gardening guide with everything you need to know about herbs, featuring a detailed layout of 100 medicinal herbs and over 70 recipes for effective herbal treatments. A must-have volume for green-fingered gardeners, Neal's Yard Remedies Healing Herbs features tonnes of tips and tricks on planting and propagating a diverse range of herbs with the core focus on improving your health and treating your ailments with a little help from nature! This herbal medicine book offers expert advice you can trust, with an in-depth directory of a plethora of plants and herbs, including hemp, lavender, thyme, aloe vera, and lemongrass. With passion in every page, this handy herbalism book includes: -An illustrated directory of 100 medicinal herbs with instructions on how to use each one -At-a-glance guides to help reader quickly find the right herbs for their health needs -Over 70 recipes featuring medicinal herbs to use in soups, salads, face masks and more. Alongside the directory, the book features more than 70 recipes designed to heal the body from the inside out, all of which can be prepared in the comfort of your own kitchen! Try a fennel and chamomile tea to aid digestion, a cranberry and apricot power bar to boost energy levels, or a beeswax and calendula balm to combat stretch marks. Whatever your ache or ailment, you can discover the treatment potential for each plant, and how you can prepare and use them to best effect. A recent study suggests 38% of British adults use their gardens to grow herbs and vegetables. However, the ever-growing pressure of balancing family life with a career leaves a lot of room for aches and ailments, including stress and anxiety, not to mention a lot of today's green-fingered gardeners simply lack time for growing herbs! We believe it's time to change that! Dive deep into the pages of this handy herb book and discover easy-to-follow guides to exploring a plethora of plants and herbs that will change your life for the better! The ideal gift for the green-fingered gardener in your life with a niche for natural remedies, or those who prefer complementary therapies over conventional medicines. This easy reference book is well-suited to herbal medicine practitioners and students alike. From researching how medicinal plants work, to making your own herbal remedies and nurturing natural skincare, from aloe vera to avocado, this one-stop herbal handbook has it all and will leave you feeling healthier and more energized than ever before. A newly-updated book with a fresh design and easy-to-use treatment guides to help you find the herbs you need at a glance, Neal's Yard Remedies Healing Herbs is a comprehensive guide to staying healthy the natural way. At DK, we believe in the power of discovery. So why not explore other books in the Neal's Yard Remedies collection, craftily curated to suit your natural needs! Revolutionise your beauty regimen with Neal's Yard Remedies Natural Beauty and explore the awe-inspiring aromas within best-selling book Neal's Yard Remedies Essential Oils.

Prescription for Natural Cures

A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods

Wiley The revised and updated edition of the bestselling natural health bible-more than 500,000 copies sold to date! Hundreds of thousands of readers have relied on Prescription for Natural Cures as the source for accurate, easy-to-understand information on natural treatments and remedies for a host of common ailments. The new edition of this invaluable guide has been thoroughly updated to reflect the very latest research and recommendations. This revised edition prescribes remedies for almost 200 conditions, including new entries such as gluten sensitivity and MRSA. You'll find easy-to-understand discussions of the symptoms and root causes of each health problem along with a proven, natural, customized prescription that may include supplements, herbal medicine, homeopathy, aromatherapy, Chinese medicine, hydrotherapy, bodywork, natural hormones, and other natural cures in addition to nutritional advice. Comprehensive reference of natural remedies for almost 200 common health ailments organized by problem from A to Z This revised edition features scores of new supplements and many new conditions Up-to-date information reflecting the latest natural health research and treatment recommendations Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests Down-to-earth descriptions of each health problem and natural remedy If you and your family want to get better naturally, Prescription for Natural Cures is an essential health resource you can't afford to be without.

Diabetes

Naturally Lower Your Blood Sugar Without Medication Using Herbal Remedies and Recipes

Isaac Cruz Many physicians advise their patients how to better manage diabetes, but why should they simply control it when it is possible to be rid of it once and for all? In Diabetes: Naturally Lower Your Blood Sugar Without Medication Using Herbal Remedies and Recipes, John Franz presents several natural and inexpensive solutions to do just that by putting a magnifying glass over the real cause of diabetes: inflammation. Here's some of what you can expect to learn inside the pages of this book: *Learn methods that will provide you with powerful results in just a few weeks. *A list of cheap and

simple snacks, dinner recipes, smoothies and herbal remedies that can help recovery dramatically. *The ideal set of supplements for accelerated results. ...and more.

Herbal Antibiotics and Antivirals - 2 BOOKS IN 1 -

Discover the Secrets of Natural Remedies with Medicinal Herbs

Independently Published **The Power of Herbal Antibiotics: Boost Your Immune System, Prevent, and Cure Infections With these Powerful Natural Remedies!** Did you know that using antibiotics to cure infections and diseases only makes your body more resistant to them? This means that every time you get sick again, you'll need a larger dose to fight off the infection. In addition, antibiotics have many side effects including bloating, vomiting, loss of appetite, and even diarrhea. Having this in mind, it is perfectly fine to be on the lookout for an alternative. Herbal remedies have been used throughout the centuries to treat various illnesses. In some cases, they are even more effective than antibiotics. Herbal Antibiotics is here to teach you how to boost your immune system and treat common ailments easily. Besides showing you all the benefits of natural remedies, this book will also explain how to prepare and use your own herbal antibiotics. Everything you find in this book is backed up by the most recent research studies. Here's what this book will teach you: **The Power of Herbs: Discover how different herbs affect our bodies and boost the immune system in no time; Breaking the Antibiotic Cycle: Read incredibly useful tips that will help you stop relying on prescription medicine and make a switch to natural remedies; A Cure for All Diseases: Learn how to treat everything from yeast infections, seasonal diseases, and even hemorrhoids with the help of herbal antibiotics; And much more!** **Fight Off Viral Infections with the Power of Nature: Best Herbal Antivirals that Will Kill Even the Most Resistant Bacteria** Did you know that prescription drugs and antibiotics have a series of side effects? In addition, prescription medication can make a major dent in your wallet. The time has finally come for you to discover the real power of herbs and how to use them to prevent and cure a wide range of viral infections. Herbal Antivirals will teach you what are the most medical-effective herbs and where you can find them. In addition, you will learn how to easily make a switch from prescription drugs to natural remedies and boost your immune system in no time. If you're interested in herbal alternatives, this book will teach you everything you need to know. It is packed with essential information, easy-to-follow instructions, and detailed references that will help you lead a healthier life. Here's what you'll discover in this book: **Anti-Viral Drugs 101: Discover the truth about anti-viral drugs and all the negative effects they have on your body; How Herbal Anti-Viral Drugs Work: Learn how you can use natural remedies to cure almost every viral disease quickly; Proven Herbal Remedies for Infections: Explore the most effective herbal remedies and how to make them on your own; And much more!**

Herbal Antivirals

Discover the Secrets of Natural Remedies with Medicinal Herbs

Fight Off Viral Infections with the Power of Nature: Best Herbal Antivirals that Will Kill Even the Most Resistant Bacteria Did you know that prescription drugs and antibiotics have a series of side effects? In addition, prescription medication can make a major dent in your wallet. The time has finally come for you to discover the real power of herbs and how to use them to prevent and cure a wide range of viral infections. Herbal Antivirals will teach you what are the most medical-effective herbs and where you can find them. In addition, you will learn how to easily make a switch from prescription drugs to natural remedies and boost your immune system in no time. If you're interested in herbal alternatives, this book will teach you everything you need to know. It is packed with essential information, easy-to-follow instructions, and detailed references that will help you lead a healthier life. Here's what you'll discover in this book: **Anti-Viral Drugs 101: Discover the truth about anti-viral drugs and all the negative effects they have on your body; How Herbal Anti-Viral Drugs Work: Learn how you can use natural remedies to cure almost every viral disease quickly; Proven Herbal Remedies for Infections: Explore the most effective herbal remedies and how to make them on your own; And much more!** Now is the perfect time to make a switch from prescription drugs to herbal medicine. Not only will you be able to cure any infection, but your body will also be grateful for the change. Once you get your hands on this book, you will finally realize that you can ditch high-cost pharmaceuticals and use natural remedies for nearly every common ailment. Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!

Homemade Salves for Pain Relief

30 Natural Recipes

Createspace Independent Publishing Platform **Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion.** **Homemade Salves for Pain Relief 30 Natural Recipes** If you are someone that wants to find pain relief from all those aches and pains that you suffer from using natural remedies, then this is the book for you. Within these pages you will find a great collection of easy to prepare homemade remedies that will not leave you with all kinds of awful side effects when using them. You might be like many people that are fed up dealing with all kinds of side effects when using products that are filled with ingredients that cause us to have bad side effects. Now you want to try using your own homemade pain relief remedies that will not make you feel more out of sorts, but get you feeling like your old self in no time without the use of synthetic drugs and chemicals. Often when we look at the labels of things we have purchased to help ease or pain-many of the ingredients we do not even know what they are, or even if we should even be using these chemical filled treatments. We need to make sure that what we are putting into our bodies is going to be the best choice for our overall health and well-being. The best way you can make sure that you are doing right by your body is to use natural remedies over synthetic treatments. Using natural remedies you can feel good in knowing you are treating yourself effectively without enduring bad side effects. In this book I am going to show you how you can effectively make use of essential oils and herbs to treat yourself and loved ones, without breaking the bank! Download your E book "Homemade Salves for Pain Relief: 30 Natural Recipes" by scrolling up and clicking "Buy Now with 1-Click" button!

The Herbal Medicine for Beginners Guide [3 In 1]

How To Upgrade And Strengthen Your Body Using Herbalism Without An Herbalist Even If You've Never Used Natural Antivirals, Antibiotics Or Remedies

Discover The Amazing Healing Power of Nature And How To Use Natural Plants And Herbal Remedies To Eliminate Common Ailments With This 3 In 1 Bundle (More Than 450 Pages)! If you've always wanted to learn natural ways to cure common ailments but don't know how to begin, then keep reading... Are you tired of having to take unpleasant medications that makes you feel terrible, just to get relief from minor illnesses like colds and the flu? Have you tried ways to cure yourself of sickness without much success, noticing that you have to take more medicine over time? Do you want to say goodbye to endless bottles of medicine and discover a natural, holistic approach to safely create your own remedies using plants you're familiar with? If you answered yes to any of these questions, you've come to the right place. You see, effectively treating your body and staying healthy with simple herbal medicine doesn't have to be difficult. In fact, it's easier than you think. A study in *The Handbook of Prescriptions for Emergency Treatments* has uncovered the phenomenon where traditional medicine prepared the natural way did not yield resistance, while the isolation of the active ingredient resulted in widespread resistance in a short amount of time. Which means that herbal medicine (when used correctly) can act as a KEY part to any effective herbal remedy treatment routine while decreasing any resistance to it. And, of course this book will show you EXACTLY how to use herbal antivirals, herbal antibiotics and other holistic remedies to supercharge your self-healing potential. Which means you can easily find a more natural way to heal your body without being scared of the unknown. Here's a tiny fraction of what you're going to discover in *The Herbal Medicine for Beginners Guide* **7 amazing facts about herbal medicine and how to start your herbal medicine journey (page 13) A proven way to source for herbs locally from trustworthy sources (Unfortunately there's a LOT of scammers out there...)(page 21) The simple, yet wildly effective, 6-step method to ensure you're purchasing high-quality herbs and avoiding counterfeits (page 22) The ultimate tools, equipment and ingredients you'll need to craft your own herbal remedies (page 27) 4 simple reasons to consider alternative and herbal medications (page 148) The must know important differences between synthetic and herbal antivirals (page 156) 4 natural supplements that work like magic to boost your immune system (page 202) 5 amazing, immune-boosting smoothie recipes you will love. (page 207) Step-by-step instructions to cure common ailments using easy herbal treatments (page 217) The shocking threat of**

antibiotic resistance as well as the signs that you or someone you know is dealing with it (page 354) 4 proven ways to avoid passing on antibiotic-resistant bacteria (page 355) Eight 100% natural herbal antibiotics that work like magic (page 401) How to use the right precautions to ensure you use herbal medicine the right way (page 443) ...and much more! Imagine how much more in control of your health you will be once you're able to use the power of natural plants, and how your family and friends will marvel at your new-found healing abilities. So even if you've never made, bought or used herbal medicine before, this guide will equip you with everything you need to get started with herbal medicine. So if you have a burning desire to master Mother Nature's healing secrets and use Herbal Medicine to heal yourself, scroll to the top and click the "Add to Cart"

Herbal Antivirals

How Herbal Medicine Can Heal You Naturally - Little Known Ways Beginners Can Use Herbal Remedies and Herbalism to Build Their Own Apothecary

Independently Published Discover How to Leverage the Healing Power of Herbal Remedies to Eliminate Common Ailments, Ditch the Pills, And Live a Longer, Healthier Life! If you want to know how to choose, prepare and use the most effective herbal antivirals and uncover natural ways to help your body heal itself, then keep reading... Are you sick and tired of having to take pills with unpleasant side effects just to fight illnesses like colds and the flu? Have you tried other ways to cure yourself of annoying sickness without much success? Do you want to finally say goodbye to overdependence on conventional medicine, and discover a natural and safer way to treat your body without relying solely on pharmaceuticals? If you answered yes to any of these questions, then you've come to the right place. You see, effectively treating your body and staying healthy doesn't have to be difficult. In fact, it's way easier than you think. Herbal Antivirals (when used correctly) can act as a KEY part to any effective Herbal Remedy treatment routine. And, of course this book will show you EXACTLY how to effectively use Herbal Antivirals to supercharge your self-healing potential. A study in The Handbook of Prescriptions for Emergency Treatments has uncovered the phenomenon where traditional medicine prepared the natural way did not yield resistance, while the isolation of the active ingredient resulted in widespread resistance in a short amount of time. Which means you can easily find a more natural way to heal your body without being scared of the unknown. Here's a tiny snippet of what you're going to discover in Herbal Antivirals: 4 simple reasons to consider alternative and herbal medications (page 6) Crucial information about viruses and how antivirals really work (page 7) The must know important differences between synthetic and herbal antivirals (page 13) The truth about herbal antivirals and medicine you simply must know (page 18) 3 safety tips and recommendations to ensure you stay safe (and well) when taking herbal medications (page 22) 4 natural supplements that work like magic to boost your immune system (page 65) 5 amazing, immune-boosting smoothie recipes you will love. (page 69) Step-by-step instructions to cure common ailments using easy herbal treatments (page 74) ...and much, much more! Take a moment to imagine how much better you'd feel if you didn't have to rely on conventional medicine for every minor illness or ailment you're faced with. So even if you're completely new to the world of herbal medicine, antivirals, and antibiotics, this concise and informative guide will lay a solid foundation to help you begin to eliminate viruses and reverse resistance as effectively as possible using Herbal Remedies. So if you have a burning desire to supercharge your healing potential using Herbal Antivirals, then scroll up and click "add to cart"

Essential Oils

30 Essential Oil Blends for Colds and Flu

Createspace Independent Publishing Platform Essential Oils 30 Essential Oil Blends For Colds And Flu Within the pages of this book you will discover a wonderful collection of essential oil blends to help you to combat against those dreaded ailments of cold and flu. If you are someone who is looking for a natural remedy instead of using synthetic remedies that often come with a long list of side effects then this book is definitely for you. Use this book to guide you towards the perfect essential oil blends that will have you feeling like your old self in no time. Using the tips and suggestions in this book will allow you to find comfort without breaking the bank or horrible side effects to do so. In this book we will study various essential oils and herb blends that will help us in making a quick recovery from a cold or flu. More and more people in the world today are seeking natural remedies for their ailments. Herbal remedies using essential oil blends have been around for hundreds of years, mankind is not unfamiliar with their healing potential. When modern medicine was introduced to the world most people turned away from herbal remedies for ailments and turned to modern medicine. Over time people have begun to realize that modern medicine is not all it is cracked up to be. So, many people are turning back to more traditional herbal medicines to treat common ailments such a cold or flu. Using natural remedies people will not have to worry about suffering through the side effects that accompany modern medicines more often than not. Enjoy this easy to follow collection of remedies to help you fight against cold and flu symptoms using natural ingredients to do so. I can assure you that you will be most impressed with this wonderful collection of easy to follow remedies that will have you feeling right as rain in no time with no side effects! You will soon realize just how easy it is to make your own effective homemade remedies for your common ailments. Deciding to choose the healthy option of using homemade natural remedies I can assure you that you will not regret this choice. Instead you are going to enjoy the many benefits that you will receive by using essential oil based homemade remedies!

Medicinal Herbs and Plants

28 Common Yet Powerful Natural Remedies To Improve Health & Wellbeing

The natural health remedies your local pharmacist doesn't want you to know about Adding flowers to your soup, using peppers for body pain, applying leaves to fight head lice... These measures may seem like crazy quackery, but they are actually common and practical therapies based on natural, holistic principles. Plants have been used as medicine for centuries, and even today, researchers continue to turn to the plant world to find effective treatments and cures for ailments ranging from a simple headache to a potential cure for cancer. In fact, you might even be taking some supplements made from these plants and vastly overpaying big pharmaceutical companies for them. But that's not the only thing you should be concerned about. Manufactured drugs often come with several side effects. Just take a look at the pamphlet that comes with any medication--the long list of possible side effects will make you wonder why you're taking it in the first place. Long-term medication of pain relievers and other prescription drugs has also been found to cause serious liver damage. If you want to reduce the amount of chemicals you take in, adding more natural remedies to your health routine can help. As a good starting point, you can begin with easily available plants that you may already have in your home. To find out what these are and how they can be used, refer to this user-friendly guide to medicinal plants. In Medicinal Herbs and Plants, here is just a fraction of what you will discover: A natural way to boost male libido and re-energize the body without resorting to dangerous stimulants How to completely stop your dependence on painkillers to manage menstrual cramps with this one soothing herb The essential staple in your kitchen that should also be a central component in your medicine cabinet Practical and easy-to-follow tips on the correct methods of applying or consuming plants and herbs to maximize their effectivity How you can save even more money by using medicinal herbs and plants with this home-based pursuit What you shouldn't do with ginger if you don't want to experience this inconvenience at the wrong time Why this "golden" flower has been used for healing (and pest control) purposes for centuries And much more. As long as you consult your physician before taking any herbal medicine, incorporating medicinal plants into your healthcare routine shouldn't be a problem. These natural remedies are not meant to be instant fixes, nor a replacement for medical care, but a gradual treatment of your entire system that will result in longer-term effects. They can also complement medical treatments, such as helping to alleviate the side effects of chemotherapy. Although this alternative may not be as fast-acting as pharmaceutical drugs, the overall benefits to your health and lifestyle will be worth it. Save yourself an expensive trip to the pharmacy and pay a visit to your local market instead. If you want to boost your health without spending hundreds on expensive supplements, then scroll up and click the "Add to Cart" button right now.

Natural Medicine - Traditional Time-Tested Remedies and Cures

Mendon Cottage Books Table of Contents Introduction Chest Ailments Curing Tonsils Naturally Relief for Common Cold/Flu Ginger for Chronic Cough and Cold Ginger tea [Known Globally As Ginger Cha'a Or Chai] Natural Febrifuge Cough Syrup Tea One Dose Decoction Mixture- Chronic Asthma Natural Heart Tonics Special Foods and Fasting High Blood Pressure and Peptic Ulcers Calabash Soup How to Make Fenugreek Tea/Decoction Psychological Aspects of Keeping Healthy Conclusion Author Bio Publisher Introduction I was talking to a friend of mine, about natural cures and herbal remedies when she suddenly said, "Why is it that there are so many natural remedies and medicines out there, but they are not being used by people, who persist upon eating allopathic drugs, which are not intended to cure one?" I had to explain it to her that is because since the middle of the 20th century, man has been slowly and steadily brainwashed into thinking that allopathic or scientific-based medicines are the best drug options out there, and natural medicines are quack therapies, eaten only by savages in uncivilized lands! Believe it or not, in the 90s and 2000s, alternative medicine was considered to be a

supposedly hit and run affair for many of us, because we were so used to pill popping by the fistful. However, as time went by, and allopathic medicine treatments became more and more prohibitive in cost, without giving one the expected results, people began to look for medical alternatives, from all over the globe. As well as using medical systems, which have been in use, for millenniums, even though medical associations in their own particular countries have been trying their very best to keep them in ignorance. This book is for all those people who are looking for a permanent cure and viable medical option, which is definitely never going to break your bank or even disturb your budget, and best of all, all the ingredients are easily available right in your garden or in your kitchen or in your favorite organic products shop. This book is for browsing purposes, to be read leisurely, with a number of diseases given here, and their one hundred percent effective time-tested cures and remedies. The people who suffered from them are just ordinary people like you and I.

Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free

Alternative Medicine - Discover How You Can Easily Use Homemade Herbal Remedies to Stay Healthy and Disease-Free The book Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free explores amazing natural herbs and home remedies you can simply use to remedy almost any ordinary ailments and the best part is that you will not be exposing yourself to unnecessary chemicals and expensive pharmaceuticals. By purchasing this book, you will discover: All kinds of natural herbal plants you can use for many ailments How to use easy, top, most popular, natural, and holistic herbal remedies Benefits of using herbal remedies Herbal remedies for beautiful skin Herbs for every day ailments such as cold and flu, cough, back pain, diarrhea, indigestion, heartburn, headache, sleep deprivation, muscle pain Herbs for digestive and urinary systems Herbs for anxiety, depression, and stress Herbs for dandruff natural remedies Herbs for weight loss Top 30 natural herbs to Keep on hand for everyday use in your home Much more inside this great book on herbal and alternative medicine... Here are what readers who purchased the book on Amazon are saying : Chloe Chan on September 5, 2016, wrote, "Very informative book on Alternative Medicine" "This is an excellent resource for thinking about a healthy lifestyle and made me think about some of my more mundane choices, like what kind of water filter I use, what kind of tea I drink, and which things should be organic in my life... This is a must have for anyone serious about alternative and natural medicine. Cross references, explains the different practices, how they work, and what they replace in the world of allopathic medicine..." Andrew on September 3, 2016, said, "I purchased this book for my wife and she said it is really useful guide with a lot of easy homemade recipes for a lot of occasions. She is a huge fan of alternative medicine and already used to read a dozen of different books, so I believe if she said its a good book - it's a good book." Mich on September 3, 2016, said, "it is also perfect for health care professionals as "alternative" medicine becomes more ...not only is this book a potential life- and money- saver for the layperson, it is also perfect for health care professionals as "alternative" medicine becomes more diverse and accepted. The entries are comprehensive and concise at the same time. It would be difficult to improve." KC on September 7, 2016, wrote, "Perfect read for starters like me. Easy to read and direct to the point. I like reading books that are concise and short rather than books that has too much padding on it. There's lots of information here. Perfect read for starters like me. I shall check out some other books as well regarding herbal medicine. Thumbs up!" So, are you ready to add this valuable herbal medicine book to your collection of must have books? You can download this book today and learn all the juicy tips on how to use simple, natural, safe, and affordable every day natural herbs for you or your loved one's well-being. You will have medicinal herbs, homeopathic and natural remedies, herbs for natural cures and have all natural remedies at your finger tips through access to a list of natural herbal medicine for use in your own home. You're just a click away to discover all of these benefits and much more that this book offers for a price of late or tea!

Natural Cures For Dummies

John Wiley & Sons Find natural cures for more than 170 health conditions Packed with over 170 remedies for the most common ailments, from arthritis to varicose veins, Natural Cures For Dummies will serve as your complete health advisor. This user-friendly reference arms you with information on the symptoms and the root causes of each problem along with a proven, natural, customized prescription. Whether you are looking for relief from a particular nagging ailment or simply wish to obtain optimum health, Natural Cures For Dummies gets you on track to approaching healthcare from a natural standpoint. Offers clear, expert guidance on dietary changes, healing foods, and natural supplements to treat common conditions Includes down-to-earth descriptions of health problems and the range of natural remedies that can be used to manage them Shows you how natural cures can treat over 170 of the most common ailments Demonstrates how you can dramatically boost your health and wellbeing the natural way If you're navigating the sprawling world of alternative medicine and looking for a good place to start, Natural Cures For Dummies has you covered.

Herbal Therapy

20 Best Medicinal Herbs and Essential DIY Herbal Remedies for Fast Use and Natural Healing: (Alternative Medicine, Herbal Medicine, Herbs, Homeopathy, Herbs for Hormonal Balance)

Createspace Independent Publishing Platform Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Herbal Therapy: (FREE Bonus Included) 20 Best Medicinal Herbs and Essential DIY Herbal Remedies for Fast Use and Natural Healing You can use these herbs for the treatment of various infections without any side effect. The herbal antibiotics will help you to fight the infections caused by the bacteria and microorganism. The herbal pills and liquids can fight with the bad bacteria of your body without hurting the good ones. The herbal antibiotics are enormously beneficial for the human body because these have no harmful elements and chemicals. The herbal medicines are more complicated for the bacteria and have lots of pharmaceutical benefits. The compounds can help your body to fight with lots of infections. The book contains details and properties of 15 helpful herbal antibiotics to help you to treat your various diseases without any harmful effect on your body. Modern antibiotics can destroy your digestive system because you may suffer from constipation, bloating, abdominal pain, loss of appetite and diarrhea. Sometimes, the antibiotic may disturb your menstrual cycle and prompt your fertilization system to release eggs. Some antibiotics can trigger the function of the liver and break down the hormones used in the birth control pills to avoid pregnancy. The people having thinner blood may suffer from serious health problems that can be gastrointestinal bleeding. To avoid any health problem, it will be good to use herbal medicines and therapy. This book is designed for your assistance and this book offers: Overview and Benefits of Herbal Medication Medicinal Plants and Their Uses Herbal Remedies for Pain, Inflammation, and Aches Herbal Remedies to Boost Immune System and Energy Common Health Problems and their Herbal Treatments Download your E book "Herbal Therapy: 20 Best Medicinal Herbs and Essential DIY Herbal Remedies for Fast Use and Natural Healing" by scrolling up and clicking "Buy Now with 1-Click" button! Tags: natural herbal alternative, herbs for health and healing, natural herbs, herbal healing, healthy healing, alternative health, anti-inflammatory herbs, veterinary medicine, holistic medicine, internal medicine, emergency medicine, homeopathy medicine, chinese herbal medicine, naturopathic medicine, natural medicine, current emergency medicine, wilderness medicine, food as medicine, regenerative medicine, family medicine books, natural remedies for children, natural sleep remedies, diy natural, medicina natural, natural skin care recipes, natural herbs, natural cure for yeast infection, aromatherapy, medical aromatherapy

Medicinal Plants

The Amazing Use of Natural Herbal Remedies and Medicinal Plants to Heal Yourself Naturally and Easily

Createspace Independent Publishing Platform DISCOVER:: 8 in 1 Box Set - The Amazing Use Of Natural Herbal Remedies and Medicinal Plants To Heal Yourself Naturally And Easily *** BONUS! : FREE Natural Remedies Report Included !! *** * * LIMITED TIME OFFER! * * * Medicinal Plants - 8 in 1 Box Set - The Amazing Use Of Natural Herbal Remedies and Medicinal Plants To Heal Yourself Naturally And Easily BOOK #1 PREVIEW There is endless wisdom in the medicinal practices of ancient civilizations. People who didn't have the opportunity to rely on modern technology were not capable of the same chances at longevity and health that we are in modern times. However, it is important to remember that the drugs we are using now are still in their infancy, and may come with more problems than solutions in some cases. BOOK #2 PREVIEW The science of herbs is a science that the world has forgotten as people began to rely on modern technology more and more. Unfortunately, it was forgotten for the wrong reasons. The appreciation for the gifts of nature fell into ignorance as people become blinded by the convenience of modern technology. Civilization does not always grow in the right way and abandoning herbs in favor of synthetic drugs is an example of civilization at its worst. BOOK #3 PREVIEW In this book you will learn about the top five medicinal plants that you can plant in your own garden, their benefits to your health, and how to keep growing them so you never run out of supply. There are so many benefits to having gardens in your home. First, it is a known stress-reliever. When you are down on your hands and knees, tending to your garden, weeding, or just plain looking-the sight of life that you help grow is just breathtaking that it removes a lot of the stressful things from your mind. BOOK #4 PREVIEW Healing with essential oils isn't something that is commonly considered possible. Although it seems like it is unlikely to work and wouldn't be something the typical scientist would recommend to treat any ailments, ancient people have been using oils for at least as long as the Biblical days in order to uplift the body and heal the spirit. All of the general uses of essential oils seem to be lost on modern medicine, but there are people today who are more than willing to share their insight on the healing benefits of ancient essential oils. BOOK #5 PREVIEW I am tired of relying on pharmaceuticals and chemicals to deal with every day common illness, from a cold to a headache to high blood pressure. Every medication we use, no matter how common or well-researched, comes with intended and unintended effects. Some of these effects, such as the intended effects,

are desired, like pain relief when taking pain relief medication. The problem is the unintended effects these medications cause in the body. I am not a doctor or a pharmacist, but I tend to rely on my common sense. BOOK #6 PREVIEW Each culture in the world brings its own particular traditions and ideas and stories when it comes to the theme of health and wellness. In the past, many people in the United States considered these remedies to be folklore, old wives tales, and overall ineffective remedies. We became reliant on medication for everything and less focused on the effects of the chemicals that we were putting in our bodies. Get The Book Before The Promotion Runs Out! Only For A Limited Time! You Do NOT Need A Kindle Device To Read This E-Book, You Can Read On Your PC, Mac, Smart Phone, And Or Your Kindle Device -----Tags: natural antibiotics, essential oils, herbal medicine, medicinal plants, ancient organic medicine, Ancient Greek Medicine, ancient essential oils

Herbs And Essential Oils Book

Easy To Use Natural Remedies For Your Overall Well-Being And Happiness

Josephine M. Silva Herbs and Essential Oils Book Natural plant products have been used for hundreds of years for various purposes. First written records of the use of essential oils and herbs date back more than five thousand years back and for much of history, this kind of medicine way the only medicine available. In the modern world, plants and essential oils are being used for treating various health conditions and concerns like skin infections, migraines, burns, wounds, allergies, arthritis and even cancer. Using herbs and essential oils is both less expensive and safer than those conventional medications prescribed by doctors. Therefore, more and more people decide to go back in time to the herbal medicine. With this book, you will explore various means of essential oils and plants for our health, our home, skin care and much more. Here, you will find everything you need to know before you embark on this great adventure and start making your own homemade skin care recipes, beauty products, essential oil blends for treating stress, depression, anxiety and much more from the coziness of your home. Here Is a Preview of What You'll Learn Here... A brief history and herbal medicine The benefits of essential oils and herbs to our health Most popular essential oils and their uses How to use essential oils properly Essential oils beauty and skincare recipes Pain, flu and cold essential oil recipes Natural homemade remedies for spotless and glowing skin Essential oil cleaning recipes And much, much more Get this book NOW and learn more about Herbs and Essential Oils!

Homemade Herbal Antibiotics

> Fast Acting Natural Remedies and Recipes for Healing Without Pills

Createspace Independent Publishing Platform Homemade Herbal Antibiotics Fast Acting Natural Remedies and Recipes for Healing without Pills Natural herbal remedies is becoming very popular simply because everyone is looking for wonderful ways to take care of their health using natural method It is important to use them because they are more effective than other methods and allows you to treat various health issues without using drugs There are a lot of herbs that have powerful properties that are used for home remedies before the invention of modern drugs It is becoming obvious that our ancestors understood how it worked and that it is easy to use natural remedies to effective control your healing when you have fully understood how individual herbal remedies work There are a lot of natural herbal remedies that are presently available that can be used to treat common health conditions This is important to prevent a number of health issues that are caused by modern drugs which includes leaky guts and Candida GET THIS BOOK BY scrolling up and clicking Buy Now in one click to get this book today and live a healthy and drug free life

Herbal Medicine

Simple and Effective Natural Remedies to Heal Common Ailments

Novelty Publishing LLC Unlock the Healing Power of Herbs and Help Your Body Heal and Recover from Common Ailments with this Comprehensive Guide to Herbal Medicine Are you curious to explore natural, non-allopathic methods of curing common illnesses such as colds and flu without having to pop a pill every time? Do you want to learn how to whip up powerful herbal recipes without the stress of looking for hard-to-find herbs? If yes, then keep reading... In this definitive guide to herbal medicine, Joseph Bosner provides easy-to-follow instructions for making herbal medicines, broths, stews, soups, essences and more, including practical tips to help you select the right herbs for the purposes you require. Inside the insightful pages of Herbal Medicine, you're going to discover: Stop doing herbs wrong: How to use medicinal herbs in a way that ensures maximum efficacy The simple 5-step method to prepare an herbal tea infusion A foolproof method to prepare a root tea decoction Failsafe tips to help you select the best herbs for curing minor ailments 30 essential herbs you need to have to tap into the power of herbal medicines as well as 11 problematic herbs you should avoid 8 effective recipes to help you treat common illnesses from colds and flu to bowel discomfort ...and much more! Whether you're a greenhorn in herbal medicine or a certified dab hand, Herbal Medicine: Simple and Effective Natural Remedies to Heal Common Ailments will quickly become your reference guide to herbal medicine that absolutely works!

Herbal Medicine for Beginners

The Secret of Herbal Medicine and the Power to Heal You - What Everybody Ought to Know About Herbalism, Herbal Remedies, And How to Be Your Own Herbalist

Independently Published Harness the Amazing Power of Nature And Discover How To Use Natural Plants And Herbs To Get Rid of Common Illnesses Without Relying Only On Medication! If you've always wanted to learn natural ways to cure common ailments but don't know how to begin, then keep reading... Are you sick and tired of having to take pills to get rid of minor ailments? Have you noticed you're gradually becoming more resistant to antibiotics and other drugs and have to take larger doses to achieve the healing your body needs? Do you want to finally say goodbye to endless bottles of medicine and discover a natural, holistic approach to safely create your own remedies using plants you're familiar with? If you answered yes to any of these questions, you've come to the right place. You see, learning how to use herbal medicine doesn't have to be complicated. In fact, it's much easier than you think. A study published in the Molecules Journal has shown that new drugs relying on modern technology appear to be reaching its glass ceiling, with natural products being the alternative. Which means you can get rid of your ailments and nurse yourself or loved one back to health without being totally dependent on conventional medicine that is often overpriced and comes packed with horrific side effects. Here's a tiny fraction of what you're going to discover in Herbal Medicine for Beginners: 7 amazing facts about herbal medicine and how to start your Herbal Medicine journey (page 7) 3 powerful benefits of herbal medicine over pharma-backed conventional medicine (page 10) 3 crucial warnings you MUST know before trying herbal medicine (page 12) A proven way to source for herbs locally from trustworthy sources (Unfortunately there's a LOT of scammers out there...) (page 18) The simple, yet wildly effective, 6-step method to ensure you're purchasing high-quality herbs and avoiding counterfeits (page 19) A quick step by step guide to growing, harvesting and storing your own herbs (page 21) The ultimate tools, equipment and ingredients you'll need to craft your own herbal remedies (page 24) How to create your own herbal medicine with step-by-step instructions, from teas and infusions to ointments and creams (page 25) 5 easy safety tips and the best practices to ensure your herbal medicine remains safe and effective (page 41) Essential Dosage recommendations for people of all ages, from toddlers to adults (page 44) ...and tons more! Take a moment to imagine how much more in control of your health you will be once you're able to use the power of natural plants, and how your family and friends will marvel at your new-found healing abilities. (and probably ask why you're doing so well!) So even if you've never made, bought or used herbal medicine before, this guide will equip you with everything you need to get started with herbal medicine. So if you have a burning desire to master Mother Nature's healing secrets and use Herbal Medicine to heal yourself, scroll to the top and click the "Add to Cart"

Herbal Antivirals

Heal Yourself Faster, Cheaper and Safer - Your A-Z Guide to Choosing, Preparing and Using the Most Effective Natural Antiviral Herbs

Createspace Independent Publishing Platform [What Your Doctor Won't Tell You-Why Herbal Antivirals Really Work!](#) Have you ever suffered from a viral infection? If you have, it's certainly an experience you won't forget. Whether in your own country or disastrously struck down mid-vacation, you likely wished that you'd taken an anti-viral shot, or at least a course of medication. Your thinking is correct-but synthetic medicine isn't your only defence! The truth is that there are natural remedies on the market-and in your back yard-that you can use today to fight the same bugs just as effectively without all the aching symptoms of traditional western medicine. Herbal Antivirals shows you how to properly prepare, dose and take these natural medicines yourself-and you can even grow them in your garden! Not only you can save hundreds, even thousands of dollars, you're also lessening your impact on the environment while treating yourself with natural ingredients that you have sourced yourself. In this book, you'll discover that creating your very own herbal antivirals isn't complicated. You can easily teach yourself to treat viral infections with natural medicines that give your body what it NEEDS, without the excess chemicals. With the 45 most valuable herbs comprehensively indexed for creating potent natural antibiotics and herbal antivirals, this is a book that helps you become your own doctor. Fully illustrated with pictures, as well as details on common use, preparation method and dosage, knowledge is finally at your fingertips. Remedies for the most common ailments and recipes are included as a BONUS, as well as a FAQ to answer your herbal antiviral questions. What will Herbal Antivirals teach you? Content includes: * Common treatments for viral infections * Discover how do herbal antivirals work as well as synthetic medicine? * Where to find the herbs you need! * Best herbal treatments for common ailments (from warts to chronic hepatitis B) * When, how, and why to use natural remedies * 5 Key Essential Oils with Natural Antiviral Properties * Consult a "cheat sheet" for fighting infections naturally with the right herbal medicine. * What are the most effective plant-based herbal antivirals? * What herbal antivirals are considered safe when pregnant or breast feeding? * And much more! BIG Pharma hates books like these coming out because it dents their profits while educating you about the potential dangers of synthetic medicine. The truth is simple: You can prepare and use herbal remedies to address your health issues and boost your immunity the natural way! Would You Like To Know More? Add Herbal Antivirals to your shopping cart now to download straight away and discover Mother Nature's biggest gift and how you can start to use it with yourself, family and loved ones. Scroll to the top of the page and select the buy button.

Hypertension and High Blood Pressure Freedom

Instant Highly Effective Natural Home Remedies That Get Rid of Hypertension and High Blood Pressure Fast

What is Hypertension and High Blood Pressure Freedom? Hypertension and High Blood Pressure Freedom is a book with complete homemade natural remedies to free you from Hypertension and High Blood Pressure permanently without any side effect...It is a Step-by-Step Guide on how to prepare the secrets remedies with picture guides for easy Identification.This book is made up of what I gathered from my professor mentor, herbal specialists and over 29 months on researches, studies, validations, confirmation, traveling, and hard work to free people from hypertension and High Blood Pressure permanently.You can get the remedies contains in the book around you free of charge or get them at very cheaper rates.Within a few minutes, you will make the secret remedies by yourself and get a permanent result.It will free you from Hypertension and High Blood Pressure completely and permanently...and you will leave a healthy dream life with rest of mind... What Will You Get In Hypertension and High Blood Pressure Freedom? Here What What You Will Discover In The Book: 17 Highly Effective High Blood Pressure Natural Remedies That You can Use to Cure HBPAAnother 10 Special Highly Effective High Blood Pressure And Hypertension Herbs Formulas by A My Professor Of Natural MedicineSpecial Natural Soup That You Can Use to Get Rid of HBPHighly Effective Natural Products and Gadgets for High Blood Pressure and HypertensionSpecial Advice and Warnings for People Who Have High Blood PressureTop Secrets Anti High Blood Pressure Foods15 Lifestyles Changes and Natural Way To Lower Your Blood Pressure, Without Using Drugs, Herbal Teas Or SupplementsTop Secrets Of How Changing Of Lifestyles Can Lower Blood PressureTop Dietary Advice, Tips, and Secrets For High Blood PressureBarely Known Causes of High Blood Pressure, Hypertension And Other Terminal Diseases How Will This Book benefit you? Here Are The Benefits You Will Derive From The Book:How To Get Rid of Hypertension NaturallyHow To Use Easily Available Foods, Herbs, Spices, Fruits, Vegetables And Roots To Get Rid of HBP & hypertensionHow To Be Free From Living On Drugs And Managing HBP & HypertensionYou Will Save High Cost Of Drugs And MedicationsLeave A healthy And Happy Dream Life Prevent stroke, Heart Attack and Sudden Deaths That Are Associated with High Blood PressureAvoid Fake Herbal Teas, Supplements And Remedies

Herbal Therapy

20 Essential Diy Herbal Remedies and Medicinal Herbs for Fast Use and Natural Healing

Createspace Independent Publishing Platform [Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion.](#) Herbal Therapy: (FREE Bonus Included) 20 Essential DIY Herbal Remedies and Medicinal Herbs for Fast Use and Natural Healing You can use these herbs for the treatment of various infections without any side effect. The herbal antibiotics will help you to fight the infections caused by the bacteria and microorganism. The herbal pills and liquids can fight with the bad bacteria of your body without hurting the good ones. The herbal antibiotics are enormously beneficial for the human body because these have no harmful elements and chemicals. The herbal medicines are more complicated for the bacteria and have lots of pharmaceutical benefits. The compounds can help your body to fight with lots of infections. The book contains details and properties of 15 helpful herbal antibiotics to help you to treat your various diseases without any harmful effect on your body. Modern antibiotics can destroy your digestive system because you may suffer from constipation, bloating, abdominal pain, loss of appetite and diarrhea. Sometimes, the antibiotic may disturb your menstrual cycle and prompt your fertilization system to release eggs. Some antibiotics can trigger the function of the liver and break down the hormones used in the birth control pills to avoid pregnancy. The people having thinner blood may suffer from serious health problems that can be gastrointestinal bleeding. To avoid any health problem, it will be good to use herbal medicines and therapy. This book is designed for your assistance and this book offers: Overview and Benefits of Herbal Medication Medicinal Plants and Their Uses Herbal Remedies for Pain, Inflammation, and Aches Herbal Remedies to Boost Immune System and Energy Common Health Problems and their Herbal Treatments Download your E book "Herbal Therapy: 20 Essential DIY Herbal Remedies and Medicinal Herbs for Fast Use and Natural Healing" by scrolling up and clicking "Buy Now with 1-Click" button! Tags: natural herbal alternative, herbs for health and healing, natural herbs, herbal healing, healthy healing, alternative health, anti-inflammatory herbs, veterinary medicine, holistic medicine, internal medicine, emergency medicine, homeopathy medicine, chinese herbal medicine, naturopathic medicine, natural medicine, current emergency medicine, wilderness medicine, food as medicine, regenerative medicine, family medicine books, natural remedies for children, natural sleep remedies, diy natural, medicina natural, natural skin care recipes, natural herbs, natural cure for yeast infection, aromatherapy, medical aromatherapy

Home Remedies

An A-Z Guide of Quick And Easy Natural Cures

Crestline Books Cure what ails you, without the chemistry. A handy guide, Home Remedies provides families with ordinary household remedies to treat over 100 common ailments safely, effectively, and inexpensively in an easy-to-use A-to-Z format. For thousands of years, people have been curing common ailments naturally and with ease—not to mention without side effects. The breakthroughs in modern medicine have led us away from many of these time-tested cures, but that doesn't mean we can't go back to them and even add to them. In Home Remedies you'll find hundreds of ways to ease, alleviate, and eliminate common ailments simply and effectively using common foods, plants, and some unexpected items such as tennis balls, towels, and toothpaste. Get time-tested, natural easements for coughs, cold and flu viruses, aches and pains, digestive complaints, sleep disorders, skin conditions, and even get some tips to help babies and women's health issues. For example, you'll find relief from: Food poisoning using basil. Hangnails using honey. Headaches using ginger. Sinus problems using saline. Snoring using bricks. And much more! If you're sick and tired of being sick and

tired, get ready to have your world turned around with the safe, easy, and affordable methods found in this book.

Herbal Medicine Made Easy

How to Use Homemade Remedies to Stay Healthy: (Herbalism, Medicinal Herbs)

Createspace Independent Publishing Platform Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Herbal Medicine Made Easy How to Use Homemade Remedies to Stay Healthy In our world today more and more people are turning back towards simple natural homemade remedies for basic health concerns to more serious health issues such as cancer. With the creation of antibiotics these have on one hand helped to save many lives, but with this has come the rise of drug-resistant bacteria and viruses. When we were first introduced to drugs such as penicillin many of us turned away from natural remedies. Now because of the misuse of these modern antibiotics the result has been that they are now becoming ineffective against many forms of bacteria. People that are not taking the full course of antibiotics or continuously taking them are less likely able to fight off harmful bacteria. There are people that build up a resistance with just one use of prescribed antibiotic. Even doctors warn their patients of the use of modern antibiotics. So people are looking for natural remedies to prevent them from becoming ill in the first place. Trying out herbal remedies are safer and much more beneficial. For centuries humans have used natural herbs, oils and spices in the treatment of a wide range of health conditions. In this book I offer you a beginners introduction into the world of herbal remedies. First we will look into the many natural health products, many of which you will probably have in your home already. I have also included some natural home remedies that I am sure you will be glad to have at your disposal. In this book you will find some wonderful natural antibiotics that you can become familiar with so they can help you to fight off bacterial infections using natural remedies. Download your E book "Herbal Medicine Made Easy: How to Use Homemade Remedies to Stay Healthy" by scrolling up and clicking "Buy Now with 1-Click" button!

How to Finally Relieve Your Anxiety and Social Anxiety

Using Natural Remedies to Feel Powerful Changes Within 30 Days

Amy D. Cohen Learn My 4 Step Process to Finally Relieve Your Anxiety & Social Anxiety Once And For All-Safely, Quickly, Powerfully & Naturally With No Side Effects. This book was created for those struggling with anxiety or have family/children that struggle with anxiety from infants to adults This book, How To Finally Relieve Your Anxiety and Social Anxiety, Using Natural Remedies to Feel Powerful Changes Within Thirty Days- explains the Four Step Process to Finally Relieve Your Anxiety and Social Anxiety Once and For All Using Natural Remedies - Powerful Plant Based Extracts; Which remedies to help you target YOUR specific challenges - whether you struggle with panic attacks, racing heart, anger, agoraphobia, need energy protection, stress and overwhelm, great fears, chronic worry, discomfort in crowds and other individual anxiety challenges; How to easily make a mix of natural remedies that targets your specific anxiety challenges you want to reverse; Different ways to take your remedy blend; The beauty of working with the remedies is that you cannot hurt yourself. Learn why these natural remedies are gentle, yet powerful. Why you cannot overdose, you cannot take a wrong remedy, you cannot become addicted, you cannot hurt yourself, and does not interact with medication; Where to purchase the natural remedies online; Why you you don't have to worry if you take the wrong natural remedies; How to use for infants through adults; How relieving your anxiety leads you to your purpose; and Living following the blueprint you came here to live; Brings happiness back to your life; How using these natural remedies enhances all your relationships; Helps you to feel inner peace, releasing any chaos inside After you begin your remedy - whats next How to gauge progress in anxiety relief; Whether you struggle with anxiety only on a small level, or, like me, your anxiety took over your entire life, the goal is to start feeling results within 30 days of taking your first remedy. Want to learn more: Action Guides You also have access to an action guide to help you through each step one by one to in choosing and creating your remedy blend. Personal Anxiety Relief Action Guide Have questions: write amy@AmyDCohen.com Here is to Relieving Your Anxiety and Social Anxiety Once And For All My Friends!

Essential Remedies

With Natural Oil

Independently Published Olive oil, lavender, vinegar and apple cider vinegar, baking soda, clay, nettle, lemon and honey are indeed the big stars of this book. Each has interesting properties and virtues. Together, these ingredients will allow you to make household products as well Finally, as remedies, they will also allow you to relieve many ailments of daily life while preserving your most precious capital: your health! Everyone today knows the dangers represented by many drugs whose chemical components are sometimes far, very far from being harmless. But also the risks induced by self-medication, over-prescription and over-consumption of medication. Not so with the natural remedies prepared from the ingredients offered. They treat you effectively and naturally without ever putting your health at risk. And that is as much a great security as it is real progress! In total, this book gives you the recipes for more than 150 cleaning products, beauty treatments and remedies. Economical, quick to prepare and easy to use, in any case they prove to be truly effective - and very harmless. No industrial maintenance product, no cosmetic product

Herbal Medicine

Discover the Unknown Benefits of Medicinal Herbs to Naturally Heal Illnesses and More Proven Herbal Remedies

Createspace Independent Publishing Platform DISCOVER:: 10 in 1 Box Set - Discover The Unknown Benefits of Medicinal Herbs To Naturally Heal Illnesses And More Proven Herbal Remedies All In 1 Box Set*** BONUS! : FREE Natural Remedies Report Included !! *** * * LIMITED TIME OFFER! * * * Herbal Medicine - 10 in 1 Box Set - Discover The Unknown Benefits of Medicinal Herbs To Naturally Heal Illnesses And More Proven Herbal Remedies All In 1 Box Set BOOK #1 PREVIEW The idea of having one's own organic garden despite the limited space in one's backyard is becoming more and more popular with many people. The notion of eating natural and healthy food and relying on resources found only in nature for growing food are some of the more popular reasons why people have opted for organic micro gardening right in their own homes. BOOK #2 PREVIEW In this book, you will find helpful and easy to do tips on effective natural remedies to treat common medical conditions and help protect yourself from diseases. This book contains important information on how you can take advantage of the environment's natural remedies to relieve most medical concerns. When you are through reading the book, you will have acquired more information on what herbs to use for specific medical concerns. This book is easy to understand so you can achieve wellness and good health in no time. BOOK #3 PREVIEW A medicine system in India called Ayurvedic, is as old as time provides a proven and tested approach to better health and a better well-being by using only plants in treating all diseases. It may sound ridiculous when compared to today's modern medicine, but history has shown that these plants have benefited countless generations in many ways. Many of the herbs India has used for centuries is the main ingredient to modern day prescription medication. BOOK #4 PREVIEW Only in recent years has green tea's prominence has surged to extreme heights in the Western world; however, it has been a regular part of most Asian cultures for thousands of years. Green teas can trace their origins back to China, as most varieties of teas, and has been used as many things, from simple beverages to traditional Chinese medicines. One only needs to go as far as a tea house in Japan, a restaurant in Shanghai or an ice-cream parlor in Beijing to realize the fanfare that Asian cultures have for green tea. But why have these Asian cultures' preference always been green rather than black teas? BOOK #5 PREVIEW You can find out the vast benefits of integrating honey in your life with the help of this book. For some people it looks like something that is just composed of calories and others even view it as a mere delicious placebo. Honey is so much more than its taste, though. During the early periods of humanity honey was a highly regarded substance but in today's world it is but an underappreciated liquid. Some people even ask how something that tastes so good is also good for your body. The taste of honey is so comforting and delicious that people today just dismiss its ability to heal. BOOK #6 PREVIEW Every day, more and more Americans make unhealthy decisions that cause their health to falter. Even those who try to live a healthy life have no choice but to suffer from the additives and unhealthy processed nature of food today. The best thing you can do for yourself however is to learn how to prevent illness before it starts, and doing so has never been easier than by learning which plants are the best natural cures - things that have proven tried and true over the centuries. Get The Book Before The Promotion Runs Out! Only For A Limited Time! You Do NOT Need A Kindle Device To Read This E-Book, You Can Read On Your PC, Mac, Smart Phone, And Or Your Kindle Device -----Tags: medicinal plants, foraging, natural antibiotics, honey, green tea, organic antibiotics

Natural Remedies for Headaches and Migraine

Top 50 Natural Headache Remedies Recipes for Beginners in Quick and Easy Steps

CreateSpace Learn How to Make 50 Recipes of Natural Remedies for Headaches and Migraine in Fast and Easy Steps - Free Bonus InsideDownload Top 50 Natural Remedies for Headaches and MigraineHeadaches and migraines have become one of the most common ailments that humans are suffering from. Competitive careers, hectic lifestyles and unhealthy eating are some of the major contributors to this condition. Almost every one of us has gone through the woes of headaches and migraines at some point o our life. Yet the commonly available medications prove only to be a temporary relief. Some of the commercial medicines have long term side effects too. Here is a book that brings to you a host of natural recipes from across the globe to effectively deal with headaches and migraines. These recipes are traditional formulation resulting from centuries of experimentation and practice. In different cultures and climates people have found natural means to deal with the problem over generations. These recipes are completely safe for use and do not have any side effects. Combining the power of various natural elements these formulations can provide immediate relief and ensure that headaches stay away from you for a long time to come. Here is a preview of what you will learn in this book:* Natural recipes that can cure headaches instantly * Recipes to deal with chronic migraine without commercial medication * Recipes to handle throbbing head resulting from a hangover * Formulas for instant relief from acute headaches * Natural recipes that keep you feeling fresh with a clear head * Recipes that help reduce headaches caused by excessive stress The simple and easily available ingredients listed in this book make the remedies extremely easy for anyone to prepare and consume. Since there is no danger of side effects, the recipes in this book can be used for all ages without any restrictions. Care has been taken in the book to provide recipes that will not aggravate any other medical conditions that you may be having. So what are you waiting for? Download your copy today and be prepared when the next bout of headache strikes you. What Will You Learn From This Book...Recipe 1: Basic and Effective Chamomile Tea Recipe 2: Chamomile Herb Tea Recipe 3: Lemon Balm Chamomile Tea Recipe 4: Cinnamon Chamomile Tea Latte Recipe 5: Chamomile Ginger Ice Tea Recipe 6: Chamomile, Lavender Mint Ice Tea Recipe 7: Chamomile Oil Recipe 8: Hot Ginger Tea Recipe 9: Fresh and Spicy Ginger Tea Recipe 10: Iced Ginger Tea Recipe 11: Ginger Latte Recipe 12: Banana Whip Recipe 13: Banana Dog Bites Recipe 14: Creamy Banana Oatmeal Recipe 15: Banana, Honey and Hazelnut Smoothie Recipe 16: Banana Ginger Smoothie Recipe 17: Lemon Potatoes Recipe 18: Honey and Dijon Potato Salad Recipe 19: Potato Soup Recipe 20: Mojo Potatoes Recipe 21: Potato Pancakes Recipe 22: Lavender Roasted Potatoes Recipe 23: Hot Lavender Tea Recipe 24: Pink Lemonade Lavender Sorbet Recipe 25: Lavender infused Oil Recipe 26: Lavender Honey Syrup Recipe 27: Romaine and Smoked Salmon Salad Recipe 28: Apple and Carrot Salad with Ginger Recipe 29: White Bean Asparagus Salad Recipe 30: Grilled Salmon and Citrus Salad AND MUCH MORE!

Herbal Antivirals

Herbal Antivirals : Basics, Recipes and Natural Remedies for Emerging and Resistant Viral Infection

Herbal remedies have been available to the people of the world since time began.Scholars have written reams about herbal medicine. Traditional ChineseMedicine and Ayurvedic Medicine depend on the use of herbs for the basis oftheir treatments. This is part of the reason why herbal remedies are still stronglydesired today, even though traditional medicine has been with us for so long.Herbal medicine is still widely used today because it works.This book, Herb Antivirals, was written for the person who knows that herbalremedies are the best way to keep healthy and safe in the world today. Viruses arerunning rampant in the world today, and the person who reads this book is theperson who needs to know how to keep themselves safe. Viruses are everywhere,even in places no one ever thinks about, like: Doorknobs Windowsills Bus seats Park benches Your cell phoneYes, your cell phone is probably teeming with germs because it is one of thethings that no one ever thinks about sterilizing, just like windowsills, parkbenches, and the seats on the bus. The truth is, no one can wrap themselves in a sterile bubble. Viruses and germs are in the world, and the best that anyone canhope to do is to navigate the world and stay healthy at the same time.Using herbs to stay healthy in this modern world is the best way to stay safe in matters of health. The biggest problem is that many people have no idea how toget started with using herbs. But Herb Antivirals is the consummate book anyone needs to get started in the use of herbs for fighting off viruses and other illnesses.This book begins with a description of exactly how viruses can invade someone'slife and how they can so easily spread through the world. It goes on to discussmodern uses of herbs and how herbs can ward off viruses and other nastyinfections.Different forms of herbal medicine are also outlined here. There are so manydifferent uses for herbal remedies as medicines. They can be used as: Creams Lotions Essential oils Tinctures Teas SalvesThe possibilities of ways to use herbs are virtually endless. Herbal remedies areknown to boost immunity, fight disease, and even to prevent disease. Herbalremedies are easy to use, and they are generally safe for anyone to use on a dailybasis.And anyone who wants to use herbs for their health will eventually want to growtheir own herbs, even if it is only a few at a time on the windowsill in the kitchen.When the possibilities in the world of herbs are opened up, growing them is thenext logical step. Herb Antivirals provides step-by-step instructions for growingherbs from seeds and from cuttings in containers and outdoors. Some herbs are sturdy, and some herbs are fussy, but Herb Antivirals explain how easy it is to grow any herb so that fresh herbs will always be available.And no book would be complete without a few recipes for how to use herbs tofight off nasty viruses and other ailments. Whether it is for a tea, a tincture, a cream, or a compress, this book will explain all of that and more. So buy it nowand get started on a healthy new life with herbs.

Epsom Salt, Acv and Honey Natural Remedies

The Miraculous Benefits and Uses for Healing, Health, Relaxation, Beauty and Home; Diy Recipes, Weight Loss, Pain Relief, Gardening

Createspace Independent Publishing Platform Everyday ailments. Herbal remedies. Your complete resource to start feeling better, naturally Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Epsom Salts, Apple Cider Vinegar and Honey are the miraculous wonders of nature that are great for cold treatment, acne and eczema treatment, sunburn treatment, shrinking pores, reducing cellulite, hair care, detox, weight loss, pain relief, stress and anxiety relief, and much more. They are highly effective for gardening - help to grow more green foliage and produce more healthy and sweet fruits, vegetables and even beautiful roses. This practical guide will help you to understand what these three components are, where they came from, and what is in them. Learn how to easily whip up a simple solution for your everyday maladies -for your health, beauty, home and garden and it only takes minutes. With over 100 recipes for natural alternatives to traditional medicine! Epsom Salt, Apple Cider Vinegar & Honey Natural Remedies provides a comprehensive reference to herbal healing without the hassle, expense, and frustration that comes with consulting doctors and taking prescription medication. Discover the secret to - Whiter teeth without chemicals Flawless skin in under 5 minutes a day Unlimited energy using one simple routine Detoxifying every cell of your body Sleeping like a baby & waking refreshed & revived every day Losing weight with cellulite-busting ingredients There are home remedies that you can do from the comfort of your home that can bring relief to you and your family at the first sign of an illness. There are also preventive measures that you can take to help everyone, too. These DIY home remedies are great for all ages, too. They will bring relief, shorten the length of an illness and are affordable, too Download your copy today to reap the many benefits of these wonders of nature Tags: books on healing, herbal medicine, homeopathy for women, homeopathic books, reference books, gardening books, health book, herbal remedies, alternative medicine, beauty secrets, healing your body, holistic health, medicinal herb, healing yourself, lose belly fat, apple cider vinegar diet, home remedies, diy books, diy project, rosemary gladstar, weight loss books, weight loss recipes, natural hair care, natural healing, homeopathic remedies, natural living, natural remedies, herbal antibiotics, herbal apothecary, herbal books, homeopathy books, gardening basics, gardening for beginners, gardening hacks, healthy healing, healthy ageing, herbal books, magnesium miracle, ancient medicine, reference guide, herbal remedies book, herbal remedies for women, herbal skin care, herbal skincare, herbal treatments, alternative energy, beauty books, alchemy of herbs, botany in a day, beauty books for women, beauty diy, beauty detox, beauty recipes, herbs for healing, book of herbs, healthy living, healthy recipes, weight loss apocalypse, weight loss guide, herbs book, weight loss kindle, weight loss secrets, do it yourself books, home hacks, homemade cleaners, homemade Christmas, homemade cosmetics, herbal healing, healing books, healing back pain, healing herbs, healing pain, apple cider vinegar recipes, weight loss books for women, weight loss beginners, weight loss for women, apple cider vinegar book, home gardening, home hacks, natural beauty recipes, natural body products, natural beauty skincare, natural skin care books, herbal bath, herbal medicine for beginners, healthy living guide, herbal medicine for beginners, herbal recipes, beauty hacks, healthy living books, healthy lifestyle books, weight loss diet plan, weight loss for women over 50, weight loss hacks, weight loss tips, healing psoriasis, apple

Diabetes Patient Natural Treatments and Cures

Diet Treatments and Cures for Every Diabetic

Diabetes Patient Natural Treatments and Cures - Diet Treatments and Cures for Every Diabetic There are millions of diabetic patients around the globe. Did you know that you can reverse type 2 diabetes naturally and permanently with these homemade remedies? Diabetes affects millions and it can easily be reversed without the need of taking lifetime insulin injections. With simple, easy and effective lifestyle changes you can reverse diabetes. Most diabetic suffers take insulin injection to control their blood sugar levels. These insulin injections helps to control diabetes but they are not advisable for lifetime. Diabetes Patient Natural Treatments and Cures - Diet Treatments and Cures for Every Diabetic You can control diabetes with simple and easy lifestyle changes such as diet and exercise. Nutrition can easily reverse diabetes that is why it is recommended that you know which food you should eat in order to reverse diabetes. Smit Chacha the author of the bestselling book titled "Diabetes Patient Natural Treatments and Cures - Diet Treatments and Cures for Every Diabetic" explains in detail how to reverse type 2 diabetes without the need to taking lifetime insulin injections. Millions of people have successfully reversed their diabetes and now are living insulin injection free! So can you! Reverse you diabetes with these simple and effective natural and homemade ways without the need of taking lifetime medication. Live life healthy prescription free! No more medication side effects! This is what Smit Chacha teaches you, in his bestselling book. I recommend that you read and follow each and every advice on the book and reverse your diabetes.

Cure Vertigo Naturally

How to Relieve Dizziness, Nausea and Vomiting Without Medication

Audrey Lynn Vertigo affects millions of people all over the world. The causes can be from a simple virus or infection to a more serious brain tumor or other cerebral disorders. Therefore, episodes of vertigo and dizziness should not be taken lightly. For years, people have relied on medications to treat the symptoms of vertigo without really curing the root cause. Instead of being free from vertigo, people have suffered more from the side effects that these medications brought. It's time to put an end to this. Live a life free from vertigo using natural remedies that are easy to avail and easy to do. You can overcome this malady, the natural way. All it takes is some changes in your diet, activity and lifestyle. You can do this, now! This book contains proven steps and strategies on how to overcome vertigo, the natural way. Be relieved from its ill side effects such as dizziness, nausea and vomiting without taking any medication at all. Here are some topics you can learn in this book: - Types of vertigo. Knowing which type you fall into is essential to - How vertigo is diagnosed - Why you are not powerless to cure vertigo for good - Powerful dietary changes that will make a difference in no time - 5 simple but effective home remedies you can use now to stop vertigo - Quick and easy exercise you can do everyday to make a difference - And more!

Prescription for Natural Cures

A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet and Nutrition, Nutritional Supplements, Bodywork, and More

Wiley The all-in-one natural health resource your family can trust Dr. James Balch coauthored Prescription for Nutritional Healing, which became the first major popular guide to the healing power of foods and nutritional supplements, selling more than 8 million copies in all its editions. Now, Dr. Balch and Dr. Mark Stengler present a new natural health resource that you can't afford to be without--a comprehensive reference of natural remedies for common ailments, including: * acne * allergies * arthritis * asthma * back pain * cancer * depression * fibromyalgia * heart disease * hypothyroidism * influenza * irritable bowel syndrome * menopause * osteoporosis * stroke * Syndrome X * varicose veins, and more--almost 200 health problems and conditions in all. Prescription for Natural Cures provides a complete natural Rx for each condition, giving you a proven, natural, customized prescription that may include supplements, herbal medicine, homeopathy, aromatherapy, Chinese medicine, hydrotherapy, bodywork, natural hormones, and other natural cures in addition to nutritional advice. Organized by problem from A to Z, this invaluable guide features: * The unique Super Seven Prescriptions for each condition, which provide specific and practical remedies to help heal your problem. You have never seen natural health advice as helpful, targeted, and accessible as this * Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests * Easy-to-understand discussions of the symptoms and root causes of each health problem * Down-to-earth descriptions of each natural remedy * A resource guide to holistic practitioners This breakthrough book is indispensable if you want to get better--naturally

Diabetes Patient Natural Treatments and Cures

Diabetes Diet for Every Diabetic

Smit Chacha Diabetes Patient Natural Treatments and Cures - Diabetes Diet for Every Diabetic There are millions of diabetic patients around the globe. Did you know that you can reverse type 2 diabetes naturally and permanently with these homemade remedies? Diabetes affects millions and it can easily be reversed without the need of taking lifetime insulin injections. With simple, easy and effective lifestyle changes you can reverse diabetes. Most diabetic suffers take insulin injection to control their blood sugar levels. These insulin injections helps to control diabetes but they are not advisable for lifetime. Diabetes Patient Natural Treatments and Cures - Diabetes Diet for Every Diabetic You can control diabetes with simple and easy lifestyle changes such as diet and exercise. Nutrition can easily reverse diabetes that is why it is recommended that you know which food you should eat in order to reverse diabetes. Smit Chacha the author of the bestselling book titled "Diabetes Patient Natural Treatments and Cures - Diabetes Diet for Every Diabetic" explains in detail how to reverse type 2 diabetes without the need to taking lifetime insulin injections. Millions of people have successfully reversed their diabetes and now are living insulin injection free! So can you! Reverse you diabetes with these simple and effective natural and homemade ways without the need of taking lifetime medication. Live life healthy prescription free! No more medication side effects! This is what Smit Chacha teaches you, in his bestselling book. I recommend that you read and follow each and every advice on the book and reverse your diabetes.

Kitchen Medicine: 20+ Easy, Effective, Affordable Home Remedies for Common Ailments: Herbal, Natural and Home Remedies

You'll Turn to Ag

Be Your Own Healthcare Reform There's a healthcare crisis in the United States and all of us are affected. Healthcare costs too much and too many of the results of what we spend on healthcare are unsatisfactory or actually detrimental. One of the most overlooked areas where everyday individuals can have an impact on their own health and healing, and its associated very minimal costs, is with natural remedies. There are no patents on herbs growing wild in your backyard or nearby forest, so there's no profit motive and even those manufacturers who make pills and capsules and tincture out of everyday herbs can't keep others out of the market. The best approach for people who want more control over their own health is to start taking action on those everyday ailments we all suffer from time to time. This book offers a representative sample of everyday ailments that can be treated successfully with inexpensive remedies available largely from Mother Nature's pharmacy. Inside you'll find natural and herbal medicine for nausea, gas, indigestion and stomach cramps, earache, dandruff, bruises and sprains, boils, small wounds, burns (the best in the world, IMO), pink eye, athlete's foot and others - 22 in all. Also included is a list of additional books plus articles of interest. Taking care of your own health in small ways gives you an amazing feeling of empowerment, and it makes you a better patient, too, when you have to speak to your doctor about a health issue. So add it to your

library today, and check my author page for other titles in this series.

Ancient Herbal Remedies

Discover the Complete Extensive Guide on the World's Most Proven and Practical Ancient Herbal Remedies. #4

CreateSpace DISCOVER THE WORLDS BEST PROVEN ANCIENT HERBAL REMEDIES IN A BOX SET #4 4 IN 1*** BONUS! : FREE Natural Remedies Report Included !! **** * LIMITED TIME OFFER! *** I am tired of relying on pharmaceuticals and chemicals to deal with every day common illness, from a cold to a headache to high blood pressure. Every medication we use, no matter how common or well-researched, comes with intended and unintended effects. Some of these effects, such as the intended effects, are desired, like pain relief when taking pain relief medication. The problem is the unintended effects these medications cause in the body. I am not a doctor or a pharmacist, but I tend to rely on my common sense. In this modern age, there are few things as important as managing our health in the most healing and beneficial way possible. The problem arises when we flush chemical, man-made antibiotics into our bodies to try and get rid of infections and other problematic issues our bodies face. 7 Reasons To Buy This Book = > 1. Its Short And Informative No Fluff!! = > 2. This Book Is Straight Forward And Gets To The Point= > 3. It Has A Great Concept = > 4. Learn What You Need To Know FAST!= > 5. Don't Waste Hours Reading Something That Won't Benefit You = > 6. Specifically Written To Help And Benefit The Reader!= > 7. The Best Compact Guide To Learn What You Need To Learn In A Short Period of Time But something incredible is happening now. Maybe it can be attributed to the influx of international information that is now readily available through the internet, maybe it can be attributed to the diversity that the United States is now enjoying due to modern immigration, or maybe it is more of a need to simplify. We, in the United States, are more and more connected with other cultures around the world. We are learning that not everyone lives like we do, and that there are many other opinions about health and wellness than what we have learned at home or in our culture. Check Out What You Will Learn After Reading This Book Below!! Discover The Top 5 Herbal Plants How To Use The Herbs For Maximum Benefit Learn Their Uses And Benefits How To Use Ancient Medicine How To Use Ancient Medicine Properly Introduction Why I Wrote This Book What You Should Know Before Reading This Book Natural Antibiotic 1: Honey Natural Antibiotic 2: Garlic Natural Antibiotic 3: Fermented Foods Natural Antibiotic 4: Apple Cider Vinegar Natural Antibiotic 5: Cabbage Conclusion In modern times, pharmaceutical companies have created drugs that incorporate some of these herbs but they are often altered chemically or otherwise. Most drugs that your doctor will prescribe are produced in a lab and sold by large drug companies. Of course, these drugs have their place and do save some a lot of people from death or chronic illness. However, what is concerning is that so many ailments can be healed and so many symptoms can be eased by merely checking out what is already in your spice cabinet. Get The Book Before The Promotion Runs Out! Only For A Limited Time! You Do NOT Need A Kindle Device To Read This E-Book. You Can Read On Your PC, Mac, Smart Phone, And Or Your Kindle Device-----Tags:herbal medicine, herbal remedies, natural remedies, organic antibiotics, organic antivirals, herbal antibiotics and antivirals, ancient herbal medicine, Herbal remedies, Greek Medicine, Greek Herbal Remedies, Greek Herbs , Ancient Medicine, Ancient Herbal Medicine, Ancient Medicine, Herbal Remedies , Herbs , Ancient Herbal Remedies, Organic Antibiotics

The Natural Medicine First Aid Remedies

Self-Care Treatments for 100+ Common Conditions

Hampton Roads Publishing When faced with common health emergencies, many of us automatically turn to over-the-counter medications. But we have another option--easy-to-use, safe, inexpensive, and highly effective natural medicines. Natural Medicine First Aid Remedies provides everything you need to know to treat a range of ailments and health concerns, including burns, muscle cramps, hot flashes, shock, sore throat, toothache--100 common health problems in all. (Next time you get a headache, try rubbing peppermint essential oil on your temples before you reach for the aspirin.) Natural Medicine First Aid Remedies tells how to equip your medicine cabinet with the ten most essential natural remedies including arnica (for pain and stiffness), echinacea (for colds), tea tree oil (for skin infections), aloe vera gel (for burns), activated charcoal (for food poisoning), and more. It explains how homeopathy, herbs, diet, essential oils, flower essences, nutritional supplements, reflexology, and gem therapy can provide healing benefits for various conditions. Written by health journalist Stephanie Marohn, Natural Medicine First Aid Remedies is based on medical research and draws upon protocols used by dozens of health care practitioners. Informative and unique, it is a reference that you will want to consult whenever faced with one of life's everyday medical emergencies, injuries, or discomforts.

Ancient Herbal Remedies

Discover the Complete Extensive Guide on the Worlds Most Proven and Practical Ancient Herbal Remedies.#10

CreateSpace DISCOVER THE WORLDS BEST PROVEN ANCIENT HERBAL REMEDIES IN A BOX SET #10 4 IN 1*** BONUS! : FREE Natural Remedies Report Included !! **** * LIMITED TIME OFFER! *** I am tired of relying on pharmaceuticals and chemicals to deal with every day common illness, from a cold to a headache to high blood pressure. Every medication we use, no matter how common or well-researched, comes with intended and unintended effects. Some of these effects, such as the intended effects, are desired, like pain relief when taking pain relief medication. The problem is the unintended effects these medications cause in the body. I am not a doctor or a pharmacist, but I tend to rely on my common sense. Fortunately, nature has always offered us solutions to these very vast and unfortunate problems. Solutions that, fortunately, are often right under our noses. When it comes to thriving against illness, look no further than your own backyard. Nature has a way of knowing what we need, and generally we are never faced with problems that have no solution. In fact, solutions to numerous problems can often be found in just one simple place. This couldn't be more true than with the natural antibiotics you are about to read about in this book. The splendor of nature can't be defined without first examining just how many incredible herbs and natural cures that we have been given, right within arms reach. It's amazing, and should never be overlooked and under-utilized. 7 Reasons To Buy This Book = > 1. Its Short And Informative No Fluff!! = > 2. This Book Is Straight Forward And Gets To The Point= > 3. It Has A Great Concept = > 4. Learn What You Need To Know FAST!= > 5. Don't Waste Hours Reading Something That Won't Benefit You = > 6. Specifically Written To Help And Benefit The Reader!= > 7. The Best Compact Guide To Learn What You Need To Learn In A Short Period of Time But something incredible is happening now. Maybe it can be attributed to the influx of international information that is now readily available through the internet, maybe it can be attributed to the diversity that the United States is now enjoying due to modern immigration, or maybe it is more of a need to simplify. We, in the United States, are more and more connected with other cultures around the world. We are learning that not everyone lives like we do, and that there are many other opinions about health and wellness than what we have learned at home or in our culture. Check Out What You Will Learn After Reading This Book Below!! Discover The Top 5 Herbal Plants How To Use The Herbs For Maximum Benefit Learn Their Uses And Benefits How To Use Ancient Medicine How To Use Ancient Medicine Properly Brilliant Essential Oils Amazing Quality And Benefits Learn Everything You Need To Know How To Use Them Properly Effects and Benefits Why You Should Use Them Why They Are My Personal Favorite Conclusion Plant #1: Turmeric Plant#2: Aloe Vera Plant #3: Curry Tree Plant #4: Peppermint Plant #5: Ginger Plant # 6: Cinnamon Plant #7: Garlic Plant #8: Cumin Plant #9: Alfalfa Plant #10: Cardamom Plant #11: Clove Plant #12: Liquorice Conclusion Get The Book Before The Promotion Runs Out! Only For A Limited Time! You Do NOT Need A Kindle Device To Read This E-Book. You Can Read On Your PC, Mac, Smart Phone, And Or Your Kindle Device-----Tags:herbal medicine, herbal remedies, natural remedies, organic antibiotics, organic antivirals,

Natural Compresses and Poultices

Safe and Simple Folk Medicine Treatments for 70 Common Conditions

Simon and Schuster A step-by-step naturopathic guide to using the hands-on natural healing method of compresses and poultices • Explains how to use compresses and poultices for 70 common ailments and chronic conditions, such as migraine, asthma, acne, sinusitis, earache, arthritis, sprains, hives, shingles, anxiety, insomnia, mastitis, muscle pains, bronchitis, and more • Details what type of compress or poultice to use for each ailment, whether to use it hot or cold, where on the body to apply it, and for how long • Explores the physiological reasons these simple remedies are so effective and how they work not only for acute ailments and illness but also for chronic conditions Valued by herbalists, midwives, and mothers throughout history, compresses and poultices are gentle yet highly effective natural remedies you can safely use at home. Easily made from materials you already have in your kitchen, such as ice cubes, herbs, cabbage leaves, lemon slices, clay, or beeswax, these simple preparations can quickly ease pain and inflammation, relieve congestion and edema, lower fever, drain abscesses, activate circulation, calm muscle spasms, and trigger the body's natural self-healing abilities. In this step-by-step naturopathic guide to compresses and poultices, Christopher Vasey, N.D., shows how to use these time-tested folk remedies to treat 70 common ailments and conditions, including headache, asthma, acne, sinusitis, earache, arthritis, sprains, hives, shingles, anxiety, insomnia, mastitis, constipation, diarrhea, muscle pains, bronchitis, and more. He explains that a compress is a cloth soaked in hot or cold infused water and applied to a specific part of the body. A poultice works similarly, but instead of a liquid extract, the healing material is made into a paste and

applied directly to the body. He details what type of compress or poultice to use for each ailment, whether to use it hot or cold, where on the body to apply it, and for how long. Vasey also explores the physiological reasons these simple remedies can be so effective, such as how some treatments trigger healing through the nerves, others cause the skin to absorb or expel substances, and others have beneficial effects on the body's internal chemistry. He reveals how compresses and poultices not only can alleviate acute symptoms, but are equally effective for dealing with chronic conditions. Offering an indispensable complement to your home first aid kit, this book provides you with a hands-on way to bring relief and healing to yourself and your loved ones.