

Natural Remedies For Common Conditions

[#natural remedies](#) [#common conditions](#) [#herbal cures](#) [#home remedies](#) [#holistic health](#)

Explore an extensive guide to natural remedies for a wide range of common conditions, offering gentle and effective solutions to support your overall well-being. Discover traditional herbal treatments, dietary adjustments, and lifestyle changes that can help alleviate symptoms and promote healing naturally.

Every lecture note is organized for easy navigation and quick reference.

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Natural Remedies for Common Ailments

Natural home remedies are age-old traditions that have been passed on by one generation to another. They are based on the premise that most natural foods such as fruits, vegetables, grains, seeds and nuts possess many medicinal values. These natural foods and substances have been tried and refined as natural cures. This book, besides mentioning natural home remedies for various ailments, prescribes nutritional treatments, such as raw juice therapy, based on modern research. These recommended treatments not only help you save time, money, and aggravation, but also provide you with peace of mind knowing that the remedies you and your loved ones are taking are fresh, natural and safe. You'll learn to avoid drugs that cause disastrous side effects that you have been vulnerable to.

Natural Home Remedies for Common Ailments

This book is packed with informative information on how to naturally prevent, treat and overcome hundreds of common conditions that affect our society on a daily basis. Stacey Chillemi and Dr. Michael Chillemi the authors enlighten the readers by giving a clear understanding on how to get started. The author's purpose is to teach how alternative medicine, herbals, foods, fruits and vitamins do not just to keep us alive, but they are used as a medicine too. Natural Remedies for Common Conditions provides you with the stepping-stones and techniques to prevent, treat, and overcome conditions the natural way. The authors, provides the reader with extraordinary tools and techniques that help you obtain and reach optimum health. This is an excellent book to help prevent, treat and overcome conditions. It is packed with phenomenal advice. Natural Remedies for Common Conditions is the perfect guide to help anyone who has a quest to stay healthy and maintain optimum health.

Natural Remedies for Common Conditions: How to Prevent, Heal and Maintain Optimum Health Using Alternative Medicine, Herbals, Vitamins and Food

This comprehensive guide features alphabetical listings of more than 250 illnesses, information on their treatment in both Western and Chinese medicine, and more than 750 herbal formulas used to treat specific complaints.

Chinese Herbal Medicine Made Easy

From a top world authority, the ultimate guide to using herbs to cure and prevent disease.

The Green Pharmacy

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

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.

Natural Cures For Dummies

55% Off Bookstores! NOW at \$ 68,95 instead of \$ 85,95! Do you believe in healing through the use of natural remedies and sources? Do you wish to learn to make use of natural sources by making your own medicines for a healthier and safer lifestyle, all while saving money? The Healing Remedies have been used throughout the centuries as natural treatments for hundreds of diseases and ailments, including wisdom teeth extraction, broken bones and even surgery-and like 98% of Americans, you've probably taken a course of synthetic antibiotics to help you recover. While there's nothing wrong with synthetic antibiotics, BIG Pharma's running scared of the natural alternative to their expensive drugs (and profits) -while you can utilize natural remedies that leave less impact on the environment and your internal body chemistry. The Healing Remedies is the most in-depth introduction to natural healing and herbal medicine available today, giving you the explanations on why certain herbs work as herbal antivirals and herbal antibiotics and how you can use them to fight your next infection-or simply boost your immunity to nasties in your area! Organic antibiotics aren't hokum, they are a legitimate way to treat some of the most prevalent infections and sicknesses that we get today. What's covered in The Healing Remedies? Here's a brief overview: - Learn to pick, prepare and use the Top 1000 Most Valuable Herbs that you can easily find growing in your area, or even in your local grocery store or health food shop with our in-depth profiles, featuring illustrations. - Discover how to fight bad bacteria with herbal treatments-and how they compare to traditional treatments available from your pharmacist. Buy it NOW and let your customer get addicted to this amazing book!!

THE HEALING REMEDIES

"Renowned medical researcher Dr. John Heinerman has been traveling the world for three decades, searching out the remedies perfected by shamans and healers, doctors and scientists. Now he has compiled them all for you in Natural Remedies from Around the World. Arranged alphabetically by ailment for easy access, Natural Remedies from Around the World delivers effective, all-natural medicines grounded in revered healing traditions."--Publisher's website

Natural Remedies from Around the World

The definitive source for choosing the optimal herbal therapy- thoroughly revised and updated. Millions of Americans are turning to herbal therapies to heal what ails them-either as an alternative or as a supplement to traditional medicine. From the most trusted name in natural healing, Phyllis A. Balch's new edition of Prescription for Herbal Healing provides the most current research and comprehensive facts in an easy-to-read A- to-Z format, including: Information on more than 200 herbs and herbal combination formulas, ranging from well-known herbs, such as ginseng and St. John's Wort, to less familiar remedies, such as khella and prickly ash Chinese and ayurvedic herbal combinations Discussion of more than 150 common disorders from acne to yeast infection, and suggested herbal treatment therapies

Prescription for Herbal Healing, 2nd Edition

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.

The Natural Medicine First Aid Remedies

For centuries, people all over the world have turned to natural remedies to fight common ailments such as colds, upset stomachs and toothaches. And the trend continues. Nearly 4 out of 10 adults have used some form of alternative remedy, according to a 2007 report from the National Center for Health Statistics. This eBook explores the following diseases and ailments and their recommended natural home remedies: TB(Tuberculosis) Knee Joint Pain Premenstrual Syndrome(PMS) Skin Cancer Reversing Diabetes Breast Cancer Lung Cancer Cholesterol Oily Skin Arthritis Blocked / Stuffy Nose Genital Herpes Migraine Headaches Asthma Back Pain Home Remedies To Help Women Get Pregnant Removing Ovarian Cysts Erectile Dysfunction(Ed)-- Male Impotence High Blood Pressure Heart Disease Natural Antibiotics Depression Boost Immunity Bronchitis Natural Birth Control Remedies Natural Pain Killers Improve Eyesight Puffy Eyes Ear Infections Stretch Marks Fight Wrinkles, Age Spots And Other Signs Of Aging Common Cold Natural Detoxification Menopause Relief Acid Reflux & Gerd Improve Memory Diarrhea Fever Strong Teeth And Gums Reverse Grey Hair Naturally Frequent Urination Obesity & Weight Loss Dandruff Dry Skin Cancer Causing Foods That You Must Avoid Colon Cleansing; and more

Top Natural Home Remedies for Common Diseases, Ailments and Medical Conditions

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

Prescription for Natural Cures

55% Off Bookstores! NOW at \$ 34,95 instead of \$ 44,95! Do you believe in healing through the use of natural remedies and sources? Do you wish to learn to make use of natural sources by making your own medicines for a healthier and safer lifestyle, all while saving money? Herbal Medicine have been used throughout the centuries as natural treatments for hundreds of diseases and ailments, including wisdom teeth extraction, broken bones and even surgery-and like 98% of Americans, you've probably taken a course of synthetic antibiotics to help you recover. While there's nothing wrong with synthetic antibiotics, BIG Pharma's running scared of the natural alternative to their expensive drugs (and profits) -while you can utilize natural remedies that leave less impact on the environment and your internal body chemistry. Herbal Medicine is the most in-depth introduction to natural healing and herbal medicine available today, giving you the explanations on why certain herbs work as herbal antivirals and herbal antibiotics and how you can use them to fight your next infection-or simply boost your immunity to nasties in your area! Organic antibiotics aren't hokum, they are a legitimate way to treat some of the most prevalent infections and sicknesses that we get today. What's covered in Herbal Medicine? Here's a brief overview: - Learn to pick, prepare and use the Top 150 Most Valuable Herbs that you can easily find growing in your area, or even in your local grocery store or health food shop with our in-depth profiles, featuring illustrations. - Discover how to fight bad bacteria with herbal treatments-and how they compare to traditional treatments available from your pharmacist. Buy it NOW and let your customer get addicted to this amazing book!!

Handbook of Natural Remedies for Common Ailments

'Nature is the best physician.' — Hippocrates Nature can cure many diseases including some that other systems of medicine cannot. In this age of pill-swallowing and its resultant complications many people have started returning to nature in an effort to regain the balance they have lost in their physical living. Naturopathy, is not only inexpensive and simple but also totally free of harmful side effects. This book has been organized for quick and handy reference for every family and provides naturopathic cures for nearly all common, acute and chronic diseases such as Constipation, Piles, Diabetes, Hernia, Asthma, Eczema, Blood Pressure, Anaemia, Jaundice, Epilepsy, Venereal Diseases, Goitre, etc. It also gives an introduction to the basis of naturopathic system.

HERBAL MEDICINE

Natural Remedies for Kids is an easy-to-use reference for parents who are ready to take their family's health into their own hands by using over 100 natural and herbal remedies to help common ailments at home. There's no need to rush off to the doctor at the first sign of sniffles or fever! Instead, understand what each symptom may be a sign of, how to help treat that symptom naturally, and how to help your child rest comfortably until the illness is over. Find out if the symptoms may be serious enough to warrant a call to the doctor. Then, learn to prepare one of the many recipes for home remedies found within the book to help your child naturally. Clear up common conditions like: - Diaper rash - Eczema - Runny noses - Coughs - Sore throats - Upset stomach - Teething - and more Find tips and hints from Kate Tietje on which remedies are best for which issues. Discover the time-tested treatments that will help to keep your child healthy and happy, naturally!

Nature Cure for Common Diseases

Learn how to heal your body without having to rely on medicine and over-the-counter drugs. Heal yourself today will show you how you can: With this breakthrough book, you'll discover... Lose weight

and drop belly fat -- finally! Eliminate mood swings and feel calm and balanced! Enjoy all-day energy -- no more chronic fatigue and exhaustion! Wake up refreshed because you sleep soundly! Live life free from aching joints and sore muscles! Heal heartburn, acid reflux, and GERD and now eat worry-free! "Go" like clockwork instead of being stopped up, bloated, and gassy! Valuable information about maintaining optimal health and overcoming disease naturally Natural herbs that help treat and cure common conditions and diseases Natural Remedies to treat hundreds of different conditions Nutrition and fitness strategies to help strengthen and improve your body And much more...

Natural Remedies for Kids

My dear friends, we all have heard or benefitted from the herbal remedies since our upbringing. Do you remember the home remedies that your granny or mom might have given you during our childhood? Well, this book will cover all common problems and their remedies through a natural way with the help of herbs. My effort aims to make you familiar with different herbs in an effective way, knowing the right amount required and the scientific background behind it. This book will serve as a single destination for all your queries related to the remedies that are covered in every chapter. I have seen many blogs and articles which cover either the use of herbs or the diseases they target. But I believe in a holistic approach to cure and care for your health. I have taken a 3D approach to make this book great and answer your queries. By 3D, I mean: 1st D: Description and the reason behind a disease 2nd D: Discussing the herb and how to use them 3rd D: Delivering application tips to provide maximum benefit out of it. I have also mentioned the scientific evidence behind these herbs because I think it is imperative for the readers to build trust and knowledge about these remedies. Natural remedies are safe and effective to treat and prevent diseases. Herbs are one of the common components of natural remedies and usually side effect free. Today, health-conscious population prefer to use an herbal remedy to treat common diseases, as well to prevent complications. Many herbal remedies are identified and acknowledged by herbal researchers, which are traditionally used by our ancestors. Nowadays, herbal remedy is considered one of the most promising alternatives of conventional pharmaceutical formulations. According to the WHO report, 80 % of the world population depends on herbal medicine to treat multiple disease conditions. Some considerable advantages of herbal remedies include better patient tolerance and great worldwide acceptance in the general population. Medicinal plants are renewable sources and usually grow naturally in proper agro-climatic condition without giving much attention to them. Thus, the growing population can get a cost-effective treatment from the wide range of medicinal plant by accepting the herbal remedies for treating their day to day common health issues. The plants widely used in herbal products are usually environmental friendly and do not cause any detrimental effect on the environment. We can even grow our own medicinal plant garden to get organic, authentic herbal ingredients and also help to keep our environment fresh and protect from global warming. Even you can use these herbs directly in raw forms, as well adding them in different diet recipes or skincare or hair care formulations to keep yourself healthy, energetic, feel younger from inside to give optimum to yourself.

The Complete Guide to Natural Healing

Take charge of your health and wellness naturally with tried-and-tested plant-based home remedies. Discover the therapeutic properties of more than 140 medicinal herbs such as turmeric, elderflower and ginger root with the Herbal Remedies Handbook. Reliable, authoritative and accessible, it's packed with expert advice and know-how on essential herbal remedies, including crucial safety and dosage information you can trust. Ever wondered how Echinacea tea could be used to treat a cold or ginkgo biloba to boost brainpower? Discover how to prepare effective home remedies with step-by-step instructions for making herbal teas, decoctions and tinctures. Identify how to treat more than 50 common conditions including headaches, hay fever, and the symptoms of menopause, with at-a-glance charts and remedies for home use. Compact and easy to understand, Herbal Remedies Handbook is the guide every home herbalist needs - let it be your trusted companion on the journey to natural health and wellness. With several new plants and an updated design, this book is a revised edition of Herbal Remedies (Eyewitness Companions).

The Herbal Remedy Book

Many health problems can be prevented or alleviated through natural remedies. From Acne to Warts, this book gives clear explanations for dealing naturally with some 500 medical concerns. The areas of

disorder are listed alphabetically and presented in terms of treatments and case histories. However, the book's focus is on prevention through maintaining a curative balance of the body's bio chemicals.

Herbal Remedies Handbook

The author presents a series of natural remedies for a variety of health conditions, as well as recommendations for supplements, advice on foods to avoid, and a suggested anti-inflammatory diet to combat aging.

The Complete A-Z of Common Ailments and Their Natural Remedies

Get better fast with home treatments and remedies for over 150 common conditions Easy-to-follow treatments for everything from measles to motion sickness Includes emergency first aid and problems specific to men, women and children Quick-reference A-Z of over-the-counter medicines and natural remedies Written by Dr. Michael Peters, an experienced GP and Consulting Medical Editor to the British Medical Association

The Green Pharmacy

Over the years, Dr Le Fanu has amassed scores of effective self help remedies sent in by readers of his columns, which require neither a trip to the doctor or the purchase of medicine. This common sense approach gives power back to the patients

Dr. Blaylock's Prescriptions for Natural Health

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.

Home Doctor

Encompassing a range of alternative and natural remedies for the prevention, treatment and cure of common ailments, this reference book provides information on essential oils, flower remedies, vitamins and minerals with guidelines on how to utilize them to promote physical and mental well-being Part 1 Therapies and healing remedy sources. Part 2 Treating common ailments. Part 3 Reference section.

Home Remedies for Common Ailments

Natural Cures: The Essential Guide on Natural Cures and Remedies, Discover How to Cure the Most Common Diseases With Natural Substances Most people's default instinct when they get sick is to buy medicines to cure it. But most diseases are actually preventable and treatable using natural substances. Natural cures would prevent any side-effects that are usually associated with pharmaceutical medicines. It also saves you money because herbal and natural cures are significantly less expensive than traditional medicines. This book will teach you about the tried and true remedies that have been proven through time. You will learn different foods that could help you prevent certain diseases as well. You will discover natural cures and remedies for different diseases such as allergies, arthritis, asthma, high blood pressure, cancer, high cholesterol, common colds and other upper respiratory problems or infections, constipation, diabetes, ears and hearing problems, eating disorders, eye problems, gout, gallstones, heartburn, heart disease, hemorrhoids, kidney stones, osteoporosis, sinusitis, indigestion,

morning sickness and nausea, stomachache, sore throat and many many more. If you want to learn more about what natural cures and food can prevent and cure the most common illnesses and diseases, scroll up and click "add to cart" now.

Prescription for Natural Cures

Natural Wisdom for Curing Every Ache, Pain, and Ailment As little as a few decades ago, folk remedies were a part of everyday life. More often than not, our grandparents would go to their garden or kitchen pantry before they went to a doctor to treat everyday health complaints. Today, scientific studies are proving what Grandma knew all along—natural remedies are oftentimes just as effective as modern cures, have fewer side-effects, and cost just pennies. Moreover, natural remedies have stood the test of time. Peppermint has been used to soothe upset stomachs long before Pepto-Bismal and ginger has been used for its antibiotic properties for thousands of years in Asian medicine. Learn how to quickly and naturally treat over 100 common conditions with everyday cures: —Use Apple Cider Vinegar and Honey to break up congestion —Black or Green Teabags will take the sting out of a bad sunburn —Drink Beet, Celery, and Cucumber juice to soothe a shingles outbreak. —Inhale oil of Geranium to calm a hot flash —Apply a Witch Hazel compress to treat varicose veins —Pumpkin Seeds improve male potency —Burnt Toast soaks up internal toxins —Epsom Salt bathes heal the lymphatic system Filled with thousands of surprising cures, each entry gives multiple remedies for each condition from herbs, to healing foods, to acupressure and yoga poses. Hundreds of step-by-step illustrations show you the right way to administer a treatment from making herbal tinctures to applying a poultice. Dosage guidelines are given for every remedy as well as safety guidelines, contraindications, and when to call a doctor.

Illustrated Encyclopedia of Healing Remedies

This is a comprehensive, practical, and easy-to-use reference book from one of Australia's most well-respected naturopaths. It outlines natural remedies to help with 200 common ailments including the common cold, burns, arthritis, premenstrual tension, infertility, and menopause. There are also strategies for losing weight, boosting the immune system, increasing energy levels, and dealing with stress.

Natural Cures

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! Can you imagine not having to go to the doctor's office anymore because your immune system is strong enough to fight off all diseases? With the help of this book, you can learn how to dramatically improve your immune system and fight off the most common diseases. Your new, healthy life is just one click away! Scroll up, click on "Buy Now with 1-Click"

The Country Almanac of Home Remedies

Natural Remedies: 39 Top Natural Remedies for Healing Common Illnesses This book contains proven steps and strategies on how you can use the goodness of Mother Nature to cure common ailments you come across. In this day and age of processed food, your stomach has a lot to handle - junk food, colas, preservatives and chemicals present in everything you consume. In this jet age, everyone is subject to processed food containing chemicals, preservatives and stabilizers. To add to this, allopathic medications prescribed by health care providers for common ailments make things worse.

Mim Beim's Natural Remedies

In today's fast-paced life, it's always easier to pop a pill for every ache and discomfort. Easy isn't always good. Going back to our roots and finding more natural ways to ease minor health problems is making a huge comeback. Many are turning to more natural and proven ways on how to ease their health issues and be more holistically healthy. This book goes back to the old remedies that has been proven effective either by time or at times - even science. This is a collection of remedies for minor health issues, which includes: * Cough * Colds * Minor Allergies * Minor Burns * Fever, and more. This contains 15 minor health problems and their remedies. It's a collated book that may be used as a daily reference for the entire family! Most of the remedies are made with easily accessible ingredients that can be found in your kitchen or garden. Join me in going back in time, and finding simple ways of keeping ourselves healthy!

Herbal Antibiotics

*** BONUS CHAPTER INCLUDED ON THE TOP-10 DISEASE-CAUSES OF DEATH IN THE USA AND THE NATIVE AMERICAN HERBAL CURES AND REMEDIES FOR THOSE DISEASES INCLUDING HEART DISEASE, CANCER, RESPIRATORY DISEASES, STROKE, ALZHEIMER'S DISEASE, DIABETES, KIDNEY, LIVER AND BLOOD DISEASES, HIV AND OBESITY, ETC.! *** This book brings you some of the little known, yet extremely effective herbs, medicinal plants, herbal remedies and herbal knowledge of the Native American tribes that were used and continue to be used in the treatment and healing of various diseases, conditions and ailments, thus avoiding the use of modern pharmaceuticals and their disadvantages and dangers such as side effects, costs, etc. The goal of this book is to bring this long-lost knowledge to you so that you may examine whether some of the herbs, medicinal plants and herbal remedies mentioned in this book may be applicable and helpful to your situation. In this book, you will find the following: -Numerous Native American herbs and medicinal plants and their specific uses in the healing of several different diseases and conditions. -The top-10 disease-causes of death in the USA and the Native American herbal cures and remedies for those diseases including heart disease, cancer, lower respiratory diseases (bronchitis, emphysema and asthma), stroke and cerebrovascular diseases, Alzheimer's disease and other forms of dementia, diabetes, influenza and pneumonia, kidney disease, septicemia and other blood diseases, liver disease, HIV and obesity, etc. -The Native American herbal cures and remedies for other specific conditions and ailments (including: backache, burns, easy childbirth, colds, colic, diarrhea, fevers, headache, hemorrhoids, herpes, indigestion, inflammations and swellings, insect bites and stings, rheumatism, skin conditions, thrush, yeast infections, insomnia, depression, etc. -The Native American herbal cures and remedies for dental health including remedies for toothaches, swelling and bleeding, aphthous ulcers, sore throats, periodontal disease, caries, inflammation and antimicrobials for oral health, etc. -The Native American herbal secrets for beauty, personal care and personal hygiene (including remedies for looking good, smelling good, skin care, hair care, preventing bad smells, boosting your longevity, looking young and cosmetics for various functions, etc. -The Native American herbal secrets for finding love, passion, flirting, aphrodisiacs, reversing impotence, getting pregnant, preventing pregnancy (contraceptives) finding a new love, recovering a lost love, solutions for a broken heart, and solutions for building a long-lasting marriage or other romantic relationship. -The basic principles and approaches to achieving healing, good health and wellness in the Native American healing process and why they make the process so potent and effective. -And finally, how to handle, prepare and store your herbs (including: harvesting or gathering, drying, storing, preparing, and making teas/infusions, decoctions, poultices and how to use herbal remedies with children, etc. This book will reveal some herbal secrets that could help you to beat your disease and gain the healing and good health that you have been looking for. You are also sure to benefit from the secrets to beauty, personal care, love, longevity and other personal wellness issues revealed in this book. Ultimately, this book will make you a healthier, happier person. So, take action now. Get this book now, while you can. Click on the "Buy now" button to get this book right now!

Natural Remedies

Offers a down-to-earth, practical guide to common ailments that you can safely treat at home using both conventional and complementary medicine. Consultant editor contributes nutritional, acupuncture, and exercise advice, as well as offering vital preventative tips, aromatherapist, herbalist, & homeopath.

Home Remedies for Minor Health Problems

Providing practical advice on home treatments, this accessible guide explains what can be done to relieve symptoms and, if possible, clear up the problem for many common medical conditions. Illustrated with step-by-step photographs, this book's well-rounded approach includes practical techniques, preventive measures, complementary remedies, and conventional medical treatments for use in the home. An integrated approach to health is increasingly popular among doctors and patients, and Home Doctor helps you use all of the information available to treat many common conditions at home. Practical and easy-to-use, it includes over one-hundred-and-fifty common symptoms, illnesses, and injuries with advice on when you can treat them safely and effectively and when to call a doctor. With basic first-aid procedures as well as a quick A-Z reference covering over-the-counter drugs and natural remedies, it's like having your own in-home healthcare provider 24/7.

Native American Herbalism, Medicinal Plants and Herbal Remedies Handbook

This full-color reference offers practical, evidence-based guidance on using more than 120 medicinal plants, including how to formulate herbal remedies to treat common disease conditions. A body-systems based review explores herbal medicine in context, offering information on toxicology, drug interactions, quality control, and other key topics. More than 120 herbal monographs provide quick access to information on the historical use of the herb in humans and animals, supporting studies, and dosing information. Includes special dosing, pharmacokinetics, and regulatory considerations when using herbs for horses and farm animals. Expanded pharmacology and toxicology chapters provide thorough information on the chemical basis of herbal medicine. Explores the evolutionary relationship between plants and mammals, which is the basis for understanding the unique physiologic effects of herbs. Includes a body systems review of herbal remedies for common disease conditions in both large and small animals. Discusses special considerations for the scientific research of herbs, including complex and individualized interventions that may require special design and nontraditional outcome goals.

The Family Book of Home Remedies

Plant medicine has been used in a therapeutic fashion since antiquity in the healing of the body, mind, and spirit. This philosophy is our heritage. Herbal medicine uses a holistic approach to healing and shows ways of enhancement, rather than just treating symptoms. Symptoms are our body's way of signalling that something is wrong and needs attention. Herbalism is the use of plants as medicines for healing. Its traditions are as old as mankind itself, and until the 18th century it was used as the most common form of medical treatment in Europe and North America. Today, in tribal cultures and among countries with Eastern traditions, such as China and India, medicinal herbs are still widely used. In more conventional medicine, pharmaceutical companies and doctors rely on plants as the basis of many drugs. The Herbal Healing Handbook is divided into three main sections. You may choose to read parts of it for general interest, or consult it for treatment for different ailments. It is a reference for herbs that may be used simply and effectively to treat a wide variety of complaints. It seeks to give you a greater understanding of how the body works, and how to use herbal medicine.

Home Doctor

This "Herbal Remedies" book contains proven steps and strategies on how to benefit from affordable, safer and effective treatments for common ailments, chronic conditions and diseases using herbal remedies. Today only, get this Amazing Amazon book for this incredibly discounted price! Use this book as your guide to benefit from one of Mother Nature's greatest gifts to humanity - incredible herbal remedies. Why entrust your life entirely on pharmaceutical medicines when you can benefit from herbal remedies for health conditions that do not necessitate medical intervention? Here Is A Preview Of What You'll Learn... 4 Incredible Things Herbal Remedies Can Do Prevent Sickness With Natural Remedies Herbs, Spices, And Oils To Cure Common Ailments And To Improve Health Fight Disease With Super Herbs And Spices 5 Essential Oils With Incredible Health Benefits How Oil Pulling Can Improve Your Oral Health How These Herbs & Spices Can Be Your Best Anti-Aging Natural Solution Discover The Medicinal Benefits Of Honey How To Use Apple Cider Vinegar For Weight Loss Sustainable Gardening Of Herbal Plants Much, Much More! Get your copy today!

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