

Khalsa Tierra The Way Of Ayurvedic Herbs Narayana Verlag

Winner of the 2014 Nautilus Award represents 'Better Books for a Better World' - the Gold Award (Best Book of the Year) in the category of Health & Healing/Wellness/Prevention/Vitality. In Whole Health, Dr. Mark Mincolla outlines the Whole Health Healing System, his unique method based on more than thirty years' experience as a holistic medical practitioner. This system integrates elements of classical Chinese medicine, personalized nutrition, and extrasensory energy medicine, while inspiring, empowering, and teaching how to attain balance in body, mind, and spirit. This book will: Assist in making sixth-sensory diagnoses of ailments Help you achieve better health through specially tailored nutritional recommendations Balance body, mind, and spirit with time-tested diagnostic tools, techniques, and meditations And much more Everything is energy, and by learning to balance vital body energies with the proper corresponding food energies, Whole Health practitioners can prevent the onset of many inflammatory symptoms associated with common ailments. This one-of-a-kind system will lead you down the path to natural healing and help you easily attain physical health and spiritual oneness as never before. 'Whole Health is loaded with many gems about health and wholeness. I highly recommend it.' Christiane Northrup, M.D., ob-gyn physician and author of the New York Times bestsellers Women's Bodies, Women's Wisdom and The Wisdom of Menopause

From the co-founder of one of the world's most respected herbal education websites: recipes,

rituals, practices, and personal stories to help you live a more sexually fulfilled and vital life. Plants are the great healers of the earth, and their capacity to support healthy sexuality is just as powerful. This beautifully written and illustrated book brings you into a relationship with herbs for sexual fulfillment and empowerment. Drawing on her own knowledge of herbalism and sacred sensuality, along with intimate stories from students who implemented her teachings, Kimberly Gallagher guides you on a personal journey of growth aided by the aphrodisiac properties and sensual uses of healing herbs and flowers such as damiana, cacao, and rose. Kimberly is an author and co-founder of LearningHerbs, a widely respected herbal education website. In *Aphrodisiac*, you'll find thoughtful, soulful rituals and dozens of recipes for putting the herbs to use, such as Autumn Blush Cordial, Rose Massage Oil, and Cardamom Chocolate Mousse Torte. You'll read user-friendly and well-researched monographs that teach you everything you need to know about every featured herb. And you'll find a wide range of practices for inviting erotic energy flow into your life--including creating an inviting environment, nourishing your body, and simply slowing down so there's time to savor pleasure. When people are sensually alive and sexually fulfilled, they are more confident, creative, and joyful. They are also more likely to share their unique personal gifts with the world. *Aphrodisiac* is an essential resource for anyone wishing to live a more vibrant life.

Presents a collection of ancient spells and incantations that have been adapted for modern times.

A major work integrating the herbal traditions of the East with those of the West by the bestselling author of *The Way of Herbs*. This practical handbook and reference guide is a landmark publication in this field. For unprecedented usefulness in practical applications, the

author provides a comprehensive listing of the more than 400 medicinal herbs available in the west, classified according to their chemical constituents, properties and actions, indicated uses and suggested dosages.

Awaken your life using the power of crystals with the ultimate crystals book for beginners Get ready to embark on your journey to better well-being by unlocking the metaphysical mysteries of healing crystals. Connecting with crystals allows you to harness your energy and balance your chakras to mend your body and soul. And this guide teaches you how! The Awakened Life: Crystal Healing explores the natural therapeutic power of crystals, from their chemical composition and ancient connections to the many ways in which preparing and using them can empower and enhance your life through physical, emotional, and spiritual healing. As you chart your course to better health and wellness, you'll survey the specific healing attributes of each type of crystal, and you'll learn how to select, prepare, charge, activate, and connect with them energetically. You'll also learn how to use the Five Master Healers-clear quartz, rose quartz, amethyst, smoky quartz, and turquoise-and other crystals, to heal the body, mind, and spirit, with techniques and crystal layouts that are easy to follow.

In 2010, Nick Polizzi did something unimaginable. He assembled a group of eight desperately ill patients from around the world and brought them into the heart of the Amazon rainforest to put the mysterious medicines of native shamans to the test. The healing journey that unfolded would change their lives—and his own—forever. In *The Sacred Science*, we join Nick as he explores these primordial traditions and learns firsthand what it takes to truly heal ourselves of physical disease, emotional trauma, and the sense of “lostness” that so many of us feel in these modern times. We venture into a place where the ordinary rules we live by, even survival

instincts, don't apply—where “the only thing to do is to step forward and be ready for anything.” Nick is not a guru or shaman; he is an ordinary guy who pieced together an illuminating journey, one experience at a time. In this riveting true story, we're shown the many layers that must be peeled away in order for us to find the truth of who we are and why we're here. This book is a bridge between the flashy, fast-moving modern world and the forgotten ways of a healthier, earth-connected ancestral past. You'll find practices and principles of native wisdom that you can put to use in your own life, and you'll gain a new understanding of what it means to heal. In the end, what will become of the eight patients who set out on this path with Nick? Will the exotic jungle medicines and harrowing rites of passage destroy them or give them a new lease on life? Five will return with remarkable healing results. Two will return disappointed. One won't return at all.

Expert herbalist Maria Noël Groves has advice for budding herb gardeners: grow just what your body needs! In *Grow Your Own Herbal Remedies*, Groves provides 23 specially tailored garden plans for addressing the most common health needs, along with simple recipes for using each group of herbs. For chronic stomach problems, marshmallow, plantain, rose, fennel, and calendula make the perfect medicine, with recipes for tummy tea and gut-healing broth. Whether the need is for headache relief, immune support, stress relief, or a daily tonic, readers will learn the three to six herbs that are most effective and how to plant, harvest, and care for each one. In all of Groves's plant suggestions, the emphasis is on safe, effective, easy-to-grow herbs that provide abundant harvests and can be planted in containers or garden beds.

Popular medicine.

This Materia Medica and Herbal Reference has been organized and developed to make Chinese herbology accessible to the Western reader or practitioner. The book also includes extensive use of Chinese herbal formulae and specific treatment of disease conditions. There are a number of useful index listings including Latin name, Chinese name, Chinese herbal formulae and a general index.

Presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer.

With Herbal Defense, bestselling fitness author Royn Landis teams up with master herbalist Karta Purkh Singh Khalsa, to offer a guide to herbal remedies for everyday ailments.

This pioneering work is multi-disciplinary in approach as it examines the rich folk medicine of Jamaican. The authors analyse the historical and linguistic aspects of folk medicine, based on their research, extensive fieldwork and interviews. They explore the sociological and ethnological dimensions of common healing practices and Jamaica's biodiversity, in both flora and in fauna. As is the case with other aspects of Jamaican traditional culture, Jamaican folk medicine is largely misunderstood and subject to negative pejorative attitudes. This comprehensive study challenges some of the myths and misinformation. Particular attention is paid to cultural transference from Africa and the use of herbals in African-Jamaican religions. The comprehensive book is of academic value to teachers, students and researchers, and can also aid practitioners and policy makers in the field of health and healing. The work has an appendix and glossary as well as a detailed bibliography.

A resource organized by body system lists the key herbal remedies available, their uses and cautionary advice, in a book that includes full-color photos, a glossary and several thematic

indexes.

This entertaining combination of history, biography, and travel adventure is “a bracingly fresh portrait [of] Darwin . . . Nothing less than exhilarating” (Michael Pollan, New York Times—bestselling author of *The Omnivore’s Dilemma*). One snowy day in Ushuaia, Argentina, Eric Simons picked up a copy of Charles Darwin’s *The Voyage of the Beagle*. Simons had just hiked the mountains overlooking Beagle Channel, and found himself engrossed in Darwin’s surprisingly relatable account. Like Simons, Darwin had been in his mid-twenties when he traveled to South America in search of adventure. Inspired, Simons went further into South America, exploring the histories, legends, and people that had fascinated Darwin himself two centuries before. In *Darwin Slept Here*, Simons journeys in the footsteps of one of the fathers of modern science, introducing readers to “a refreshingly different Darwin: a twenty-something traveler fond of hurling iguanas into the sea and charging up any tall peak he could find” (*Outside Magazine*). “Hard to put Simons’ book down—lighthearted adventures that keep a reader wanting more.” —San Francisco Chronicle

The Way of Ayurvedic Herbs
The Most Complete Guide to Natural Healing and Health with Traditional Ayurvedic Herbalism
Lotus Press

Discusses the practice and theory of Chinese medicine while exploring the use and preparation of herbs for common health problems and food therapies to raise or lower body metabolism

Herbal Constituents, 2nd Edition, is a concise yet thorough textbook for students and practitioners of botanical medicine (e.g., medical herbalists, naturopaths,

holistic practitioners, pharmacists, physicians). Using examples from commonly employed herbs, it explains concepts from phytochemistry and pharmacognosy that are important for understanding the characteristics and functions of botanical medicines. Illustrated with structure drawings, and written by an clinical herbalist with extensive training in botany and chemistry, this unique book brings together the wisdom of traditional practice and contemporary science. New in this edition are sections on Cannabis pharmacy; integration of current research; and expanded content in every chapter.

Treat Ailments the Natural Way with Plants and Herbs from Your Yard Your garden or neighborhood could hold all the plants and herbs you need to treat everything from respiratory issues to nerve pain to colic using natural remedies that are just as good for your body as they are for the environment. The Backyard Herbal Apothecary is packed to the brim with information on 50 different plants, recipes for 56 remedies and beautiful photography on every page. Devon Young, founder of the holistic lifestyle blog Nitty Gritty Life, is a trained herbalist and is well practiced in developing and implementing herbal remedies. As a result, each of Devon's recipes is a natural and effective tonic for your health concerns. Use cottonwood to make a salve for achy joints, heal minor bumps and bruises with the common yard daisy, infuse some nettle to make an allergy–season

combating tincture and so much more, all using safe and locally foraged plants. Poignant, captivating writing awakens the senses as you learn about the healing quality of each plant and discover how to grow and forage plants and herbs in a safe and sustainable way.

The Practice of Traditional Western Herbalism places the function of western herbs in their true historical context, apart from homeopathy, traditional Chinese medicine, and Ayurveda. Recently there has been a revival of interest in western herbalism, but practitioners haven't been able to explore its benefits due to a void of information on the topic—the system of medicine the herbs fit into had all but disappeared. To remedy the situation, herbalist Matthew Wood has researched the old-time practices and reconstructed them for modern use. In resuscitating western herbal medicine and bringing it up to date, he gives his readers a powerful tool for holistic theory and treatment. Wood makes the point that plant medicines, because they are made from a broad range of chemical components, are naturally suited for the treatment of general patterns in the body. He argues against the biomedical model of standardization, in which herbs are refined and advertised as if they were drugs suited to an exact disease or condition.

“An informative, user-friendly guide, *Healing Herbal Infusions* is brimming with great remedies, recipes and wise herbal advice.” —Rosemary Gladstar Easy, All-

Natural Remedies for Life's Aches and Pains Treat ailments the natural way with organic health remedies made from herbs found in your own garden, yard or neighborhood, without resorting to risky medications or prescriptions. These herbal infusions are incredibly easy to make—all you have to do is infuse fresh or dried herbs in a liquid to draw out the healing properties, and you get an amazing homemade remedy that will truly work for you and your family. Make your own herbal treatments for common cold and flu symptoms, such as Fever-Reducing Tea, Pine Needle Cough Syrup, and Sage, Marshmallow & Ginger Sore Throat Tea. Ease muscle and body aches with Arnica Salve for Sprains & Bruises and Basil, Thyme & Oregano Tea for Chronic Pain, and soothe digestion with Prebiotic Honey Electuary and Herbal Vinegar Infusion for Heartburn. Nourish your skin, lips, hair and, most importantly, your inner well-being with infusions such as Healing Flower-Whipped Body Butter, Relaxing Herbal Face Steam and De-Stress Tea. Save money and avoid harsh chemicals by infusing your own cures for burns, cuts, scrapes, dry skin, flaky scalp and even a baby's diaper rash, plus so much more! Each recipe features helpful info, safety tips and dosage recommendations for adults and children. With 75 homemade treatments, this book is the go-to modern resource to support your entire family's wellness the all-natural way. Learn more at:

www.growforagecookferment.com/healing-herbal-infusions

This book is for everyone from novices to advanced herbalists and contains everything you need to know to source elderberries and make the most potent and delicious natural remedies and treats. Used for centuries to fight illness, elderberries' reputation as an effective home remedy for colds and flu have been borne out by numerous scientific studies. While elderberry syrup is perhaps this amazing berry's best-known form, there is so much more we can make from flavorful elderberries! In addition to its flu-fighting superpowers, elderberry contains potent antioxidants that support long-term health. Elderberries make nutritious and tasty additions to baked goods, drinks, and all manner of treats. Once you get started making your own elderberry gummies and homemade beverages, you won't want to stop! Everything Elderberry will introduce readers to the science behind elderberries, their traditional uses, what to know about growing and foraging elderberries, and how to prepare numerous mouthwatering elderberry and elderflower recipes. From simple teas, syrups, and tinctures, to jams, desserts, and wine, Everything Elderberry will have you hooked on these gorgeous gifts from Mother Nature! The recipes featured here include: Elderberry hard candies and cough drops Jams made with foraged elderberries, strawberries, and chia seeds Elderflower soda & kombucha Foraged berry oat

muffins Elderberry and elderflower tea & tinctures

Noted herbalist Matthew Wood brings twenty-five years of clinical experience to this comprehensive book on medicinal plants. The first in a two-volume set, *The Earthwise Herbal* profiles Old World plants (volume two will treat American plants). Organized alphabetically, the book encompasses all of the major—and many of the secondary—herbs of traditional and modern Western herbalism. Author Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic, often illustrated with appropriate case histories. In addition, he takes a historical view based on his extensive study of ancient and traditional herbal literature. Written in an easy, engaging, non-technical style, *The Earthwise Herbal* offers insight into the “logic” of the plant: how it works, in what areas of the body it works, how it has been used in the past, what its pharmacological constituents indicate about its use, and how all these different factors hang together to produce a portrait of the plant as a whole entity. Ideal for beginners, serious students, or advanced practitioners, *The Earthwise Herbal* is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines.

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those

clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses.

The essential guide to lifelong healing with essential oils. The healing potential of essential oils may be limitless, but it's difficult to know how and where to begin when you don't have a prescription. With over 100 recipes for natural alternatives to traditional medicine, Essential Oils Natural Remedies provides a comprehensive reference to herbal healing without the hassle, expense, and frustration that comes with consulting doctors and taking prescription medication. In these pages, practitioners of all levels will learn a lifetime of herbal remedies from how to treat the urge to itch chicken pox with lavender-tea tree salve to soothing away arthritis symptoms with peppermint oil. Designed for use with any brand of essential oils, this organized and

insightful guide is the only helping hand you'll need for natural healing. Essential Oils Natural Remedies includes: 300 Home Remedies to heal and mitigate symptoms for over 170 different ailments Profiles of 75 Essential Oils plus information on medicinal uses, application methods, blending, and precautions Recipes for Any Brand allow you to make all of the recipes in this book with your preferred brand of essential oils Featuring treatments for: Allergies, Bloating, Congestion, Dry Skin, Flu, Hives, Infection, Leg Cramps, Motion Sickness, Tension Headache, Toothache, Varicose Veins, and much more! Practice herbal healing from home with Essential Oils Natural Remedies. This book is about empowerment for chronic pain patients and care providers alike. Every chronic pain condition has a treatable myofascial trigger point component, including fibromyalgia. Many of the localized symptoms now considered as fibromyalgia are actually due to trigger points. The central sensitization of fibromyalgia amplifies symptoms that trigger points cause, and this book teaches care providers and patients how to identify and treat those causes. Chronic myofascial pain due to trigger points can be body-wide, and can cause or maintain fibromyalgia central sensitization. Trigger points can cause and/or maintain or contribute to many types of pain and dysfunction, including numbness and tingling, fibromyalgia, irritable bowel syndrome, plantar fasciitis, osteoarthritis, cognitive dysfunctions and disorientation, impotence, incontinence, loss of voice, pelvic pain, muscle weakness, menstrual pain, TMJ dysfunction, shortness of breath, and many symptoms attributed to old age or "atypical"

or psychological sources. Trigger point therapy has been around for decades, but only recently have trigger points been imaged at the Mayo Clinic and National Institutes of Health. Their ubiquity and importance is only now being recognized. Devin Starlanyl is a medically trained chronic myofascial pain and fibromyalgia researcher and educator, as well as a patient with both of these conditions. She has provided chronic pain education and support to thousands of patients and care providers around the world for decades. John Sharkey is a physiologist with more than twenty-seven years of anatomy experience, and the director of a myofascial pain facility. Together they have written a comprehensive reference to trigger point treatment to help patients with fibromyalgia, myofascial pain, and many other conditions. This guide will be useful for all types of doctors, nurses, therapists, bodyworkers, and lay people, facilitating communication between care providers and patients and empowering patients who now struggle with all kinds of misunderstood and unexplained symptoms. Part 1 explains what trigger points are and how they generate symptoms, refer pain and other symptoms to other parts of the body, and create a downward spiral of dysfunction. The authors look at the interconnection between fibromyalgia and myofascial trigger points and their possible causes and symptoms; identify stressors that perpetuate trigger points such as poor posture, poor breathing habits, nutritional inadequacies, lack of sleep, and environmental and psychological factors; and provide a list of over one hundred pain symptoms and their most common corresponding trigger point sources. Part 2

describes the sites of trigger points and their referral patterns within each region of the body, and provides pain relief solutions for fibromyalgia and trigger point patients and others with debilitating symptoms. Pain treatment plans include both self-help remedies for the patient—stretching or postural exercises, self-massage techniques and prevention strategies—as well as diagnostic and treatment hints for care providers. Part 3 offers guidance for both patients and care providers in history taking, examination, and palpation skills, as well as treatment options. It offers a vision for the future that includes early assessment, adequate medical training, prevention of fibromyalgia and osteoarthritis, changes to chronic pain management and possible solutions to the health care crisis, and a healthier version of our middle age and golden years, asserting that patients have a vital role to play in the management of their own health.

AYURVEDA AND THE MIND is perhaps the first book published in the West that explores specifically the psychological aspect of this great system. The book explores how to heal our minds on all levels from the subconscious to the superconscious, along with the role of diet, impressions, mantra, meditation, yoga and many other methods to create wholeness. Opens the doors to a new energetic psychology, says Dr. Deepak Chopra, M.D.

This book is the first to describe the history, folklore, assessment methods, and remedies of Southern and Appalachian Folk Medicine—the only system of folk medicine, other than Native American, that developed in the United States. One of the system's

last active practitioners, Phyllis D. Light has studied and worked with herbs, foods, and other healing techniques for more than thirty years. In everyday language, she explains how Southern and Appalachian Folk Medicine was passed down orally through the generations by herbalists and healers who cared for people in their communities with the natural tools on hand.

This indispensable master-volume, chronicles about 80 green resources and 600 simplified herbal recipes that are proven cures for a large number of frequently encountered ailments and common health problems. This book captures the spirit of Ayurveda, and shows the usefulness of the ancient science.

Proven effective by scientific research and presented here by Dr. Dharma Singh Khalsa and Cameron Stauth, the practice of Medical Meditation revolutionizes the healing process. By balancing and regenerating the body's ethereal and physical energies through simple meditations, Medical Meditation unites the mind, body, and spirit into a powerful triad. Each Medical Meditation here has a specific physiological effect, targeting afflictions from arthritis to ulcers to cancer. Dr. Khalsa details the five unique attributes that endow this type of meditation with far more power than standard meditation. The combination of special postures and movements; exact positioning of the hands and fingers; particular mantras; specific breathing patterns; and a unique focus of concentration can change your entire biochemical profile, easing you into a calm, healing state. Practiced in conjunction with conventional or alternative medical

treatments, cutting-edge Medical Meditation activates the healing force within you. The Amazing Antioxidant Everyone Is Talking About! Are you looking for an effective way to fight the effects of aging and free radical damage? Would you like to reach and maintain your body's optimal health? There may be no stronger way than with antioxidants—and there may be no stronger antioxidant than alpha lipoic acid. This remarkable coenzyme, which occurs naturally in younger bodies but gradually diminishes with age, may very well be one of our best defenses against disease and aging. In this balanced and informative book, Burt Berkson, M.D., shows you how supplementing your diet with alpha lipoic acid might help: • Protect against heart disease • Prevent or treat complications of diabetes • Prevent the progression of Alzheimer's and Parkinson's disease • Protect against cancer and strokes • Fight chronic liver disease • Combat the aging process • And much more! Revealing the science behind this amazing antioxidant, Alpha Lipoic Acid Breakthrough provides a plan of action for improving your health starting now!

A key team member behind The Secret and his business partner offer the specific tools and mental strategies to help readers leap ahead in any career or business venture and achieve major financial success. In this visionary work, New York Times bestselling author John Assaraf and business guru Murray Smith reinvent the business book for the twenty-first century. Two of the most successful entrepreneurs in the world, they combine forces to bring their special insights and techniques together in a revolutionary

guide for success in the modern business environment. Assaraf and Smith know how to minimize risk and maximize success, and *The Answer* provides a framework for sharing their wisdom, experience, and skills with the millions of people who want to accomplish their own dreams in life. Using cutting-edge research into brain science and quantum physics, they show how readers can actually rewire their brains for success and create the kind of extraordinary lives they want. By teaching readers how to attract and use newly discovered "uncommon" senses to achieve business success, the authors demonstrate the beliefs, habits, thoughts, and actions that they have used to build eighteen multimillion-dollar companies. Any reader who follows this step-by-step process to build his or her career will experience an enormous life transformation and reach an exceptional level of living.

I am Mary Roberts (Padmavati). Discovering a different path at the age of 61, after a lifetime of traditional living was completely unexpected. My rather ordinary life journey became an unlikely adventure. My story began with a typical treadmill of life in our Western culture. School, then career path, then marriage and children. Yet, I couldn't help but feel that something indefinable was missing. I began my exploration of the ancient sciences of Yoga and Ayurveda which led me to a week-long Ayurveda conference at the Sivananda Ashram Yoga Retreat in the Bahamas. Somehow I created the proposal and presented it to KP Khalsa, renowned herbalist and Ayurveda specialist and co-author of this book. Together, we wanted to find out what was

possible. This book takes you on the year-long journey with before and after photos, actual journal entries, milestone reports and final results. I'd be honored to share my story with you. - Mary Roberts, Author

Build Your Own Shamanic Toolkit In this beautifully illustrated guide, artist and shamanic teacher Evelyn C. Rysdyk shows you how to create, decorate, consecrate, and use various sacred tools in ritual and healing. Navaho traditional healers bring rattles, corn pollen, eagle feathers, and sage smoke together with songs and dances to affect healing. Ulchi shamans use drums, rattles, and larch tree wands called gimsacha to work healing magic. Manchu shamans will perfume the air with incense and tie on a heavy bustle of iron jingles as a part of their ceremonial costume. Modern shamanic practitioners likewise use sacred tools to facilitate our connection to helper spirits in the Upper, Middle and Lower Worlds, as well as the spirits of nature. While you can purchase many of these tools, there's nothing quite as powerful as making your own. You'll find instructions for making rattles, drums, masks, mirrors, spirit figures, fans, bells, pouches, wands, prayer bundles, flutes, whistles, and more. Plus suggestions for responsible ways to obtain the materials you'll need. "Having an intimate connection to all the spirits that came together in my favorite rattle—knowing that the tiny pebbles came from the local riverbank, the wood handle from a lightning-struck maple in my yard, and the rawhide from a black bear that was hunted by a native friend for food—gives it a far deeper meaning and power." —from the introduction The author's

original artwork and photographs of shamans and their authentic tools appear throughout the book.

Fully revised and updated by Michael Tierra -- one of the nation's leading authorities on natural treatments for healthful living The Natural Remedy Bible will help you work with nature to restore and maintain the gift of good health -- naturally. In this comprehensive, easy-to-use guide you'll find:

- An alphabetical listing of over 200 common illnesses, fully defined and described with symptoms and causes
- Prescribed natural methods of treatment, including herbal remedies, water therapy, exercise, vitamins, and nutritional foods for successful healing
- Step-by-step instructions for proper methods of application, from baths and herbal additives to compresses and facial packs
- A complete dictionary of resources: food, herbs, even health and beauty aids ...and much more in this invaluable reference that makes healing a natural, harmonious process -- and puts you on the path toward lifelong well-being.

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