

Natural Remedy Reference Guide

The Encyclopedia of Natural Remedies
The Bach Flower Remedies
Outside the Box
Cancer Therapies
Encyclopedia of Homeopathy
Natural Medicine for Horses
The Veterinarians' Guide to Natural Remedies for Dogs
Essential Oils
The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs
The Clinician's Handbook of Natural Medicine
The Complete Guide to Natural Healing
Essential Oils
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User's Guide Natural Remedies for Depression
User's Guide to Natural Treatments for Lyme Disease
The Practical Herbal Medicine Handbook: Your Quick Reference Guide to Healing Herbs & Remedies
Holistic Health & Healing
Essential Oils
Natural Remedies
Your Natural Medicine Cabinet
Essential Oils Reference Guide for Healthy Skin
Home Remedies and the Black Elderly
Natural Medicine
Doctor's Guide to Natural Medicine
The Lost Book of Herbal Remedies
Natural Remedies
The Natural Remedy Bible
Encyclopedia of Natural Healing
The Modern Herbal Medicine Reference Guide
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The Complete Book of Essential Oils and Aromatherapy
1001 Natural Remedies
User's Guide to Natural & Safe Pain Relief
The Herb Book
The Complete Guide to Lowering High Blood Pressure Naturally
Eyewitness Companions: Herbal Remedies
The Herbal Medicine-Maker's Handbook
Essential Oils Guide
Book
Prepper's Natural Medicine
The American Medical Association Encyclopedia of Medicine
The Complete Guide to Homeopathy
Herbal Medicine Past and Present: A reference guide to medicinal plants
The Home Reference to Holistic Health and

Healing

The Encyclopedia of Natural Remedies

Healthy foods, supplements, preparations and remedies based on natural ingredients are increasingly promoted in human health, and can equally be used for your horse's health. Ingredients such as yoghurt, ginger and buckwheat can promote general well-being and address specific concerns about equine conditions and ailments. This book presents an essential A-Z reference guide to common natural medicinal recipes based on wild-growing and easily available flowers, fungi and herbs such as horsetail, chamomile and medicinal mushrooms. Explaining how they can be used and the potential benefits to your horse's health. Around 80 natural products are covered, including recipes and preparations to make the remedy appealing to the horse or suitable for application and usage. The plant description, action, use and dosage are provided for each remedy, along with some additional veterinary advice. *Natural Medicine for Horse* is not only a perfect guide for horse owners but a great book for natural remedy enthusiasts too.

The Bach Flower Remedies

Louise Tenney continues the tradition of her best-selling publications with *The*

Encyclopedia of Natural Remedies. Included in this broad-reaching volume are special sections on many common ailments, disorders related to the different body systems, children's health, endurance for athletes, and permanent weight loss. Whatever your illness or ailment, Ms. Tenney provides a natural therapy that will make optimal health a reality once again.

Outside the Box Cancer Therapies

CNS, New York Times bestselling author of *The Fat Flush Plan Your Natural Medicine Cabinet* features the most important and up-to-date information for healing nearly 200 common ailments using the most effective, fastest-acting, and affordable natural remedies available today. Its concise, user-friendly format is ideal for overworked moms, stressed-out dads, and anyone interested in simple, natural, drug-free alternatives for themselves and their children. This hip, easy-to-understand A-to-Z guide provides “best practices” for the speedy and effective treatment of key health problems. You will learn how to save money on health care, safely treat yourself and your family, and enhance your overall health and energy with supplements, superfoods, homeopathics, cell salts and flower essences. The author also recommends related books and web-based resources, carefully researched for your further, in-depth study. She outlines healthy foods to eat and those to avoid, shares effective energy-based exercises, and shows when craniosacral and chiropractic techniques are an effective adjunct to her

recommended treatments. Your Natural Medicine Cabinet is an indispensable health resource that you can refer to time and time again.

Encyclopedia of Homeopathy

Looking for books on essential oils and aromatherapy? You've come to the right place. Essential Oils Guide Book contains everything a new or seasoned oils enthusiast would want to know. You'll explore the MANY benefits of aromatherapy and essential oils; from home remedies to picking your first starter kit of oils, it's all here! Here's a quick preview of what's inside: What Exactly are Essential Oils? History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work? Are Essential Oils Safe? How to Use Essential Oils How to Treat Certain Ailments and Conditions (Such as Stress, Anxiety, Allergies, Headache, Sleep, and even Weight Loss!) with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More! What are you waiting for? Scroll up and click the 'Buy Now' button to enter the exciting world of aromatherapy and essential oils!

Natural Medicine for Horses

Do you want healthy skin without constantly spending a fortune on products

recommended by your skin specialist? Do you want to experience the healing power of essential oils? Are struggling with acne, burns, or sensitive skin? Different communities around the world have different interpretation of essential oils, but essential oil in general is the key to having a natural healthy skin. Apart from the fact that you can get them cheaply in the market, essential oils have no side effect either on the skin or the general health. Essential oils guide for healthy skin is a comprehensive skin cure guide for achieving a good looking, shiny, smooth and scar-free skin. This book also includes essential information about the power of aromatherapy. Many essential oils have been referenced in respect to getting rid of scars on the skin and so much more. If you want to get rid of acne, bruises, boils, and scars, get your copy of this book and begin your skin beauty journey today. Tag: Essential oils, Healthy skin, essential oils reference guide, Essential oils for beginners, Essential oils natural remedies, Aromatherapy

The Veterinarians' Guide to Natural Remedies for Dogs

Heal yourself and your family with essential oils, from the creators of The New York Times bestseller, Essential Oils for Beginners. The healing properties of essential oils are virtually limitless. You can put them to work today without the hassle, expense, and frustration that come with consulting doctors and taking prescription medicines. Take the power to heal back into your own hands with this easy-to-navigate, easy-to-use guidebook for all of your everyday health needs.

Essential Oils

Changes in economics & demographics have resulted in the increased use of home remedies by the elderly, particularly those on fixed incomes. Traditional remedies, including those based on herbal medicine, continue to find widespread use among the urban & rural Black elderly. The authors have interviewed elderly black patients to develop a manual describing their use of products as diverse as alum, molasses, moth balls, & olive oil. The trends in usage of home remedies & possible detrimental effects of folk remedies are discussed. In addition, more than 100 individual folk remedies are discussed with annotations to the scientific literature. Developed by the College of Pharmacy & Institute of Gerontology of the University of Michigan, this book is a useful guide for those who must interact with the elderly of all races, particularly with respect to their self-medication practices. Published by: Pharmaceutical Information Associates, Ltd. 2671 Trenton Road, Levittown, PA 19056.

The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs

Volume 2.

The Clinician's Handbook of Natural Medicine

This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

The Complete Guide to Natural Healing

The world of veterinary medicine is changing. People are realizing that if alternative medicine is better for them, it's better for their pets, too. Dogs are visiting acupuncturists, chiropractic doctors, and homeopaths. Still, many dog owners are unaware that such simple measures as changing their pet's diet and using vitamins, herbs, and other natural cures can help prevent or heal ailments ranging from excessive scratching to depression to a host of serious diseases. The Veterinarians' Guide to Natural Remedies for Dogs is both an introduction and a guide to the vast world of natural healing methods, treatments, and foods now available for dogs. Author Martin Zucker offers advice from dozens of holistic practitioners and licensed veterinarians, who share their recipes, insights, and

"prescriptions." Here dog owners will find information on everything from nutritional supplements to massage therapy, as well as how these treatments can be used alone or in conjunction with traditional medications and surgical techniques.

Essential Oils Natural Remedies

Your personal guide to unlocking the natural healing power of herbs Put your health in your own hands with time-tested treatments. From the creators of the New York Times bestseller Essential Oils for Beginners, The Practical Herbal Medicine Handbook offers basic techniques and effective herbal treatments for everyday ailments, wellness, and beauty.

- More than 100 everyday herbal remedies to treat common ailments such as headaches, bruises, and leg cramps
- Step by step techniques for buying, making, and growing herbal medicine
- Discover the 44 most common and effective healing herbs with the A-Z apothecary
- Reduce stress, soothe insomnia, and enhance your memory naturally with herbal remedies for your mental health and well-being

The Practical Herbal Medicine Handbook provides a natural path to feeling better and improving your overall sense of wellness.

User's Guide Natural Remedies for Depression

Simple, self-help advice for the millions of people who suffer from chronic depression, and the millions more who have to cope with "down days". In this "User's guide", easy steps are outlined that can improve mood and well-being, including diet, natural light and many different supplements.

User's Guide to Natural Treatments for Lyme Disease

Written by leading authorities in complementary and integrative medicine, this convenient, quick-reference handbook provides clear and rational directives on diagnosing and treating specific diseases and disorders with natural medicine. You'll get concise summaries of diagnostic procedures, general considerations, therapeutic considerations, and therapeutic approaches for 84 of the most commonly seen conditions, 12 of which are new to this edition, plus naturopathic treatment methods and easy-to-follow condition flowcharts. Based on Pizzorno's trusted Textbook of Natural Medicine and the most current evidence available, it's your key to accessing reliable, natural diagnosis and treatment options in any setting. Expert authorship lends credibility to information. Scientifically verified content assures the most reliable coverage of diagnostic and natural treatment methods. Over 80 algorithms synthesize therapeutic content and provide support for your clinical judgment with a conceptual overview of case management. The book's compact size makes it portable for easy reference in any setting. A consistent organization saves you time and helps you make fast, accurate

diagnoses. 12 NEW chapters enhance your treatment knowledge and understanding with information on important and newly emerging treatments and areas of interest, including: Cancer Endometriosis Fibromyalgia Hair Loss in Women Hyperventilation Syndrome Infectious Diarrhea Intestinal Protozoan Infestation Lichen Planus Parkinson's Disease Porphyrias Proctological Conditions Uterine Fibroids Each chapter is fully updated to reflect the content of the latest edition of Pizzorno's Textbook of Natural Medicine and keep you current on the safest and most effective natural interventions.

The Practical Herbal Medicine Handbook: Your Quick Reference Guide to Healing Herbs & Remedies

Learn how the essences of wildflowers can help your mental and spiritual health Drawn from the essence of wildflower blooms by the power of the sun, the Bach Flower remedies produce results which have confounded conventional medicine. Dr. Bach's revolutionary approach to healing through the personality of the patient aroused a storm of controversy. Yet seven decades have demonstrated its efficacy in thousands of cases. This volume includes three books in one: Heal Thyself and The Twelve Healers by Edward Bach, M.D.; and the Bach Remedies Repertory by F. J. Wheeler, M.D. In this comprehensive book you'll discover Dr. Bach's 38 remedies and their application to every situation. It also reveals Dr. Bach's findings on what

disease actually is and the natural way to conquer it--by allowing the miraculous human organism to find its own path to true health. Here are just a few remedies to help you through tough times: Honeysuckle relieves feelings of homesickness Beech counters your aggravation with others Mimulus helps you overcome shyness Wild rose reverses feelings of apathy

Holistic Health & Healing

For anyone who wants to learn more about medicinal plants and how to use them at home, Herbal Remedies provides essential information on how to safely use herbal medicines and shows you how to create your own remedies to target common ailments. Covers over 150 of the most popular herbs available Includes a reference section that targets 50 common ailments Features a Directory of Herbs and a Star Rating-System

Essential Oils Natural Remedies

In easy-to-understand language, this comprehensive guide covers common and uncommon disorders, diseases, their symptoms and treatments, diagnosis, and drugs

Your Natural Medicine Cabinet

Presents a comprehensive, full illustrated reference on the fifty most commonly prescribed herbal remedies, furnishing a detailed description of each herb, as well as information on potential side effects, drug interactions, and therapeutic uses, covering such herbs as Goldenseal, Burdock, Tumeric, Evening Primrose, and Aloe Vera, among others. Simultaneous.

Essential Oils Reference Guide for Healthy Skin

I have high blood pressure-should I be worried? How can I prevent the health risks associated with it? Can I lower my blood pressure through diet and lifestyle changes? Are there alternatives or complements to prescription medications? How do I manage stress and hypertension-naturally? **THE COMPLETE GUIDE TO LOWERING HIGH BLOOD PRESSURE NATURALLY** includes **THE MOST UP-TO-DATE INFORMATION**: Everything you need to know about the different types of high blood pressure, its causes, symptoms, risk factors, and complications. **YOUR BEST TREATMENT OPTIONS**: A full range of choices from diet, nutrition, and lifestyle changes to prescription medications, complementary methods, and alternatives. **A GUIDE TO NATURAL SUPPLEMENTS**: Your go-to resource for healthy herbal remedies, essential foods, safe supplements, and other natural ways to lower blood

pressure. **THE MOST COMMON MEDICATIONS:** A quick-reference guide to popular prescribed drugs, possible side effects, how to use them safely, and if they're right for you. **STRESS MANAGEMENT TECHNIQUES:** Simple lifestyle changes, sleeping tips, physical activities and exercises to help you control hypertension and stress. **A PREVENTION PLAN JUST FOR YOU:** A customizable approach to lowering high blood pressure that lets you design the plan that works for you-naturally.

Home Remedies and the Black Elderly

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 provide 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 Medicine

Lyme disease is caused by a bacterial infection transmitted by a tick bite and is best treated early with antibiotics. However, many people suffer from chronic relapsing Lyme disease, which can cause a variety of physical and psychiatric symptoms: recurrent fever, fatigue, muscle and joint stiffness, poor coordination, lightheadedness, mood swings, and depression. In the User's Guide, health authors James Gormley and Caren Feingold Tishfield, R.D., explain how to best avoid Lyme disease and how to benefit from safe treatments.

Doctor's Guide to Natural Medicine

A practical reference from the experts at Natural Health magazine introduces more than one thousand natural remedies designed to treat a variety of common ailments and solve various problems around the house, from skin care to stain removal to gardening tips, all without using commercial chemicals, medicines, or cleaners. Original. 15,000 first printing.

The Lost Book of Herbal Remedies

Offers a variety of herbal and therapeutic home remedies for managing stress,

covering subjects ranging from aromatherapy and supplements to yoga and meditation. By the author of The Country Almanac of Home Remedies. Original.

Natural Remedies

An instructional reference guide to essential oils and aromatherapy from the experts at Neal's Yard Remedies, a trusted source for natural, nontoxic health and beauty products. Learn how to harness the healing powers of essential oils for treating maladies and improving mental and physical well-being so you feel great in every way. Use homeopathic alternatives to treat everyday health and wellness concerns, including: Acne PMS Insomnia Indigestion Soothing inflammation Rebalancing energy Enhancing focus Releasing stress Whether you live an all-natural lifestyle or you are just beginning to use alternative methods to eliminate synthetic chemicals from your everyday products, Essential Oils is packed with authoritative information to answer your questions. This visual guide features comprehensive profiles of 88 essential oils, stunning full-color photographs, and helpful guidance for using, blending, and storing. Understand what essential oils are, where they come from, and how they benefit the body. Choose from 33 focused recipes to rejuvenate your total person. Learn classic remedies for the most common emotional and physical conditions. An illustrated A-to-Z reference section helps identify the most useful oils, plus shares tips on application methods and massage techniques. Up-to-date safety recommendations help you learn how

to use them for maximum benefit. Essential Oils can help you improve your overall well-being and start you on the path to a more natural you.

The Natural Remedy Bible

More than 2,000 complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more.

Encyclopedia of Natural Healing

The healthcare industry is rapidly becoming a minefield of innumerable medications and preventives, their subsequent side effects, and conflicting information pertaining to nearly every medical practice on the planet. This minefield is the result of a greater susceptibility to once-uncommon illnesses. With an expanding maze of unnerving medical information available, there is a rapidly growing movement on the part of the consumer toward natural remedies for these ailments. Author and naturopath Mim Beim is a strong proponent of natural preventatives and remedies for a plethora of common ailments. Her nearly twenty-five years of practicing natural medicine have equipped her with a vast knowledge of curatives that rely upon remedies found in nature, as well as ancient health-care

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practices that have stood the test of time without the aid of mass-produced, chemically enhanced, and surgically invasive techniques.

The Modern Herbal Medicine Reference Guide

This User's Guide advises readers on the many beneficial supplements for reducing pain. These pain-relieving supplements include fish oils, B vitamins, glucosamine, MSM and more traditional homeopathic remedies. The authors also describe how life's stresses can exacerbate pain, and offer simple pain-reducing exercises and stretches.

Encyclopedia of Natural Healing

Explores over ninety therapies, including their history, how they work, research and evidence, self-help techniques, compatibility with conventional medicine, diagnostic techniques, and treatment options.

The Complete Book of Essential Oils and Aromatherapy

A DEFINITIVE GUIDE TO HEALING ANY AILMENT HOLISTICALLY WHEN DISASTER STRIKES When disaster strikes and you lose all access to doctors, hospitals and

pharmacies, natural medicine will be your family's best hope for survival. Prepper's Natural Medicine is the definitive guide to creating powerful home remedies for any health situation, including: •Herbal Salve for Infections •Poultice for Broken Bones •Natural Ointment for Poison Ivy •Infused Honey for Burns •Essential Oil for Migraines •Soothing Tea for Allergies •Nutritional Syrup for Flu With easy-to-read herbal charts, a breakdown of essential oils, tips for stockpiling natural medicines and step-by-step instructions for creating your own elixirs, salves and more, this book offers everything you need to keep you and your loved ones safe.

1001 Natural Remedies

User's Guide to Natural & Safe Pain Relief

A complete guide to natural healing, DOCTOR'S GUIDE TO NATURAL MEDICINE offers strategies and suggestions on alternative therapies for more than 100 ailments and diseases. It incorporates the most up-to-date research with easy-to-use instructions and tutorials to provide a versatile reference for natural supplements and therapies. DOCTOR'S GUIDE presents options for integrating natural healing with orthodox medicine-a combination that can provide a solution for complete wellness. In addition, the book includes Dr. Barney's own "Doctor's

Notes," in which he shares his own personal experiences using natural therapies. Get answers from a doctor that practices natural healing-make DOCTOR'S GUIDE TO NATURAL MEDICINE your natural health reference.

The Herb Book

The Lost Book of Herbal Remedies is helping Americans achieve medical self-sufficiency even in the darkest times using the time-tested methods of our grandparents without spending lots of money on toxic drugs and without side effects

The Complete Guide to Lowering High Blood Pressure Naturally

Reduce stress and live better, naturally! Holistic Health & Healing is the mind, body, and spirit reference guide that you need in your house for natural healing and better health. This book is full of remedies and practices to cultivate a healthier lifestyle. Learn time-tested remedies and safe solutions for dealing with stress. In Holistic Health & Healing, founding member of the American Herbalist Guild Brigitte Mars offers tried-and-true remedies and advice to learn how to reduce stress and anxiety; improve sleep, mood, immunity, and mental acuity; and live a more balanced and happier life. Natural remedies, such as herbs, vitamins,

minerals, flower essences, and therapeutic practices, including yoga, aromatherapy, and meditation, can ease the symptoms of stress-related conditions and improve overall health and well-being. From necessary nutrients for brain stimulation to maintaining a healthy diet to reducing chronic pain, you will be feeling like a better you more quickly than you think. This is the ideal reference guide for anyone wishing to find an alternative and natural way of healing and health.

Eyewitness Companions: Herbal Remedies

The Complete Guide to Homeopathy reveals the key principles of homeopathy, including the way we are categorized into "constitutional" types according to our physical and emotional characteristics. Self-assessment Questionnaire: A specially designed questionnaire, based on what a homeopath might ask during a first office visit, provides unique insight into the link between health and temperament and helps determine which constitutional type you most closely match. Index of Remedies: A photographic index of 150 remedies illustrates plant, mineral, and animal sources, ranging from common foods such as honey to toxic substances such as snake venom. A profile of each remedy gives its historical background, medicinal uses, and its corresponding constitutional type. Treating Common Ailments: Easy-to-use ailment charts show which remedies to take for everyday health problems such as insomnia, anxiety, eczema, and toothaches. Additional

self-help treatments are recommended, and there is a quick-reference guide to homeopathic first aid.

The Herbal Medicine-Maker's Handbook

Based on decades of clinical experience by two professional herbalists, this comprehensive, practical reference equips readers with a wealth of information that empowers them to use natural remedies to treat 500 different health problems. Unlike guides that simply list natural therapies for various ailments, this book helps readers understand the root cause of problems so that they can focus on regaining their health rather than just relieving their symptoms. The authors impart dozens of basic, holistic health-building strategies based on a model called "The Disease Tree" that conveys the four root causes of disease, the six imbalances in biological terrain, and supporting the eleven body systems. They link 500 health problems to more than 200 single herbs, 50 nutritional supplements, and 1000 herbal formulas, with information that enables users to select the appropriate treatment for their own particular condition. Cross references, lists of complementary therapies, instructions on how to read and understand labels, suggestions for further education, and information on sourcing products from a wealth of suppliers make this an essential reference for anyone hoping to regain health the natural way. The natural remedies found in this book are available at a fraction of the cost of many established medical treatments, and without serious

side effects of a number of prescribed medications. All major brands of herbs and supplements are covered here, and can be purchased locally at local health food stores or online.

Essential Oils Guide Book

Natural Medicine: First Aid Kit it's a quick reference guide for natural medicine DIY lovers. Volume 1 includes: 10 emergency natural solutions that all natural medicine lovers should have in their first aid kit. 1 blank page per solution for personalised recipes. 1 blank page per solution for recipe instructions. 1 blank page per solution for notes. 40 pages in total 6x9 inches (A5 size) This information is intended only as a general reference and is not a replacement for professional health advice. This content does not provide dosage information, format recommendations, toxicity levels, or possible interactions with prescription drugs. Please do your own research before using any of the information provided here. This handbook is intended to be a quick reference guide where you can store your own notes and recipes. This information is based on folk ancient knowledge. Volume 2 (sold separately) is blank so that you can create your own first aid kit. Volume 3 (sold separately) is also blank so that you can store your created herbal recipes.

Prepper's Natural Medicine

A richly illustrated guide to homeopathic medicine profiles the top 320 remedies for everything from asthma to infertility, providing self-help tips and up-to-date treatment procedures for serious ailments and minor health problems alike.

The American Medical Association Encyclopedia of Medicine

Using an accessible, case-history approach, they explore the different types of cancer, the causes of cancer, how proper nutrition can help prevent and treat cancer, the most well-studied supplement to use with cancer treatment, cutting-edge therapies (such as intravenous high dose vitamin C and other studied therapies), and natural solutions to common problems (such as the side effects of chemotherapy and radiation).

The Complete Guide to Homeopathy

THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is

fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life. From the Trade Paperback edition.

Herbal Medicine Past and Present: A reference guide to medicinal plants

The authoritative reference to alternative health & healing.

The Home Reference to Holistic Health and Healing

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:

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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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