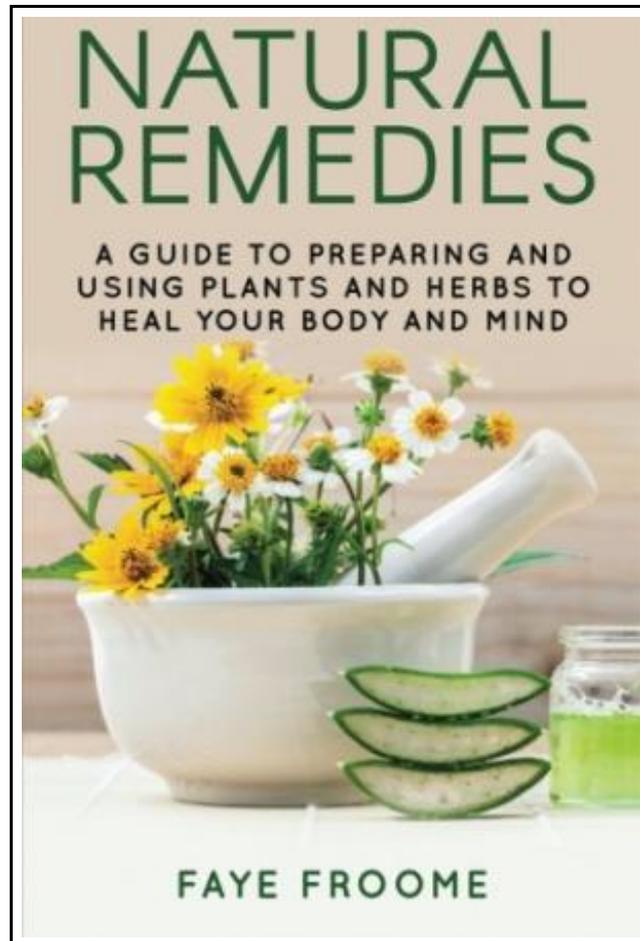


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NATURAL REMEDIES: A GUIDE TO PREPARING AND USING PLANTS HERBS TO HEAL YOUR BODY MIND



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Natural Remedies. A Guide to Preparing and Using Plants Herbs to Heal Your Body MindDiscover the magic of natural remedies and their wonderful benefits For centuries people have used natural medicine to cure all kinds of ailments. The healing properties of plants cannot be overstated as they provide the building blocks for many of the so called synthetic drugs we are prescribed by health professionals today! Healing our bodies with natural ingredients provided by mother nature is not only is good for us but also our environment too. No need for nasty chemicals or other pollutants that can poison us as well as those around us. So what are you waiting for, get your copy now and discover the wonderful world of natural remedies This book contains information on how use nature's gifts to help to heal your mind and body with natural herbal remedies. Discover the truth about the benefits of home-made herbal remedies and how easy they can be to make. Centuries ago our ancestors were using only what nature provided to heal wounds and illnesses, there was no problem with addiction to these herbal treatments and they could be administered by anyone. Make a change today for a better you, both physically, and mentally, and learn how use what mother nature provides us with! Inside you will find basic recipes to make your own herbal remedies for you and your family along with information about which herbs to use for treating common ailments and growing your own herbs for medicinal use. So turn the page and discover a natural way to improve your life. Here's What's Inside. What are Herbal Medicines How to use...

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