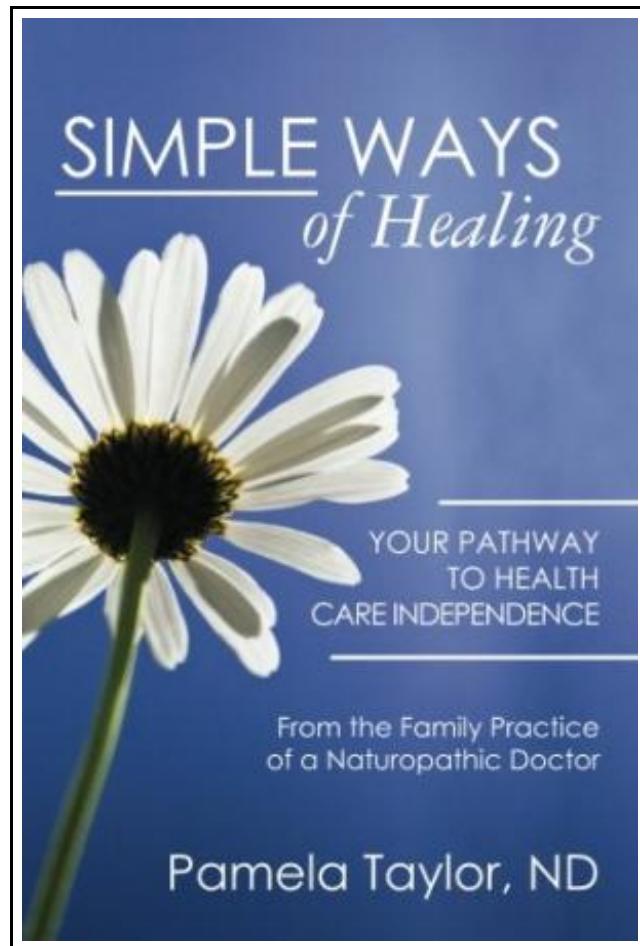


Simple Ways of Healing (Paperback)



Filesize: 9.42 MB

Reviews

*This pdf will be worth buying. Better then never, though i am quite late in start reading this one. I am easily can get a enjoyment of reading through a published book.
(Paul Ankunding)*

SIMPLE WAYS OF HEALING (PAPERBACK)

[DOWNLOAD](#)

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.SIMPLE WAYS OF HEALING guides you step-by step through the use of classic natural therapies: herbal medicine, hydrotherapy (water cure), essential oils (aromatherapy), biochemical cell salts, homeopathy; simple, inexpensive detoxification techniques, and more. Based on the family practice experience of a naturopathic doctor, what s inside this book works! Part One, The Basics, describes principles and practices of traditional nature-cure to help you detoxify your body and rebuild your health. On a tight budget? Part Two details simple, safe, inexpensive and effective Hydrotherapy (water cure) techniques you can apply using the towels, sheets and water you already own. Part Three describes how to use the incredibly effective Schussler Biochemic Cell Salts - twelve miracle minerals that promote health by altering the body s biochemical pathways. Part Four guides you through the effective use of thirty-nine Homeopathic remedies for common, and not so common, illnesses. Part Five describes the benefits and properties of thirty-five Essential Oils with formulas for their use in Aromatherapy. Learn to make your own applications for pain relief, colds, flu, women s health issues, skin care products and more. And finally, Part Six, Your Healing Garden, covers how to grow, harvest and preserve eighteen important medicinal herbs. Clear instructions and formulas guide you through making tinctures, liniments, electuaries, poultices and other home remedies. Make wonderful gifts for friends and holidays using recipes for herb butters, seasoningsalts, bath salts, sleep pillows and skin care products. An extensive therapeutic index covers topics from acne and abdominal pain to whooping cough and yellow fever. Measurements for formulas are given in both metric and standard. A recommended book list will get you started building your...

[Read Simple Ways of Healing \(Paperback\) Online](#)[Download PDF Simple Ways of Healing \(Paperback\)](#)

Related Kindle Books

**Learn em Good: Improve Your Child's Math Skills: Simple and Effective Ways to Become Your Child's Free Tutor Without Opening a Textbook (Paperback)**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

[Save eBook »](#)**Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures) (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Save eBook »](#)**Patent Ease: How to Write Your Own Patent Application (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners!...

[Save eBook »](#)**Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Save eBook »](#)**No Friends?: How to Make Friends Fast and Keep Them (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

[Save eBook »](#)