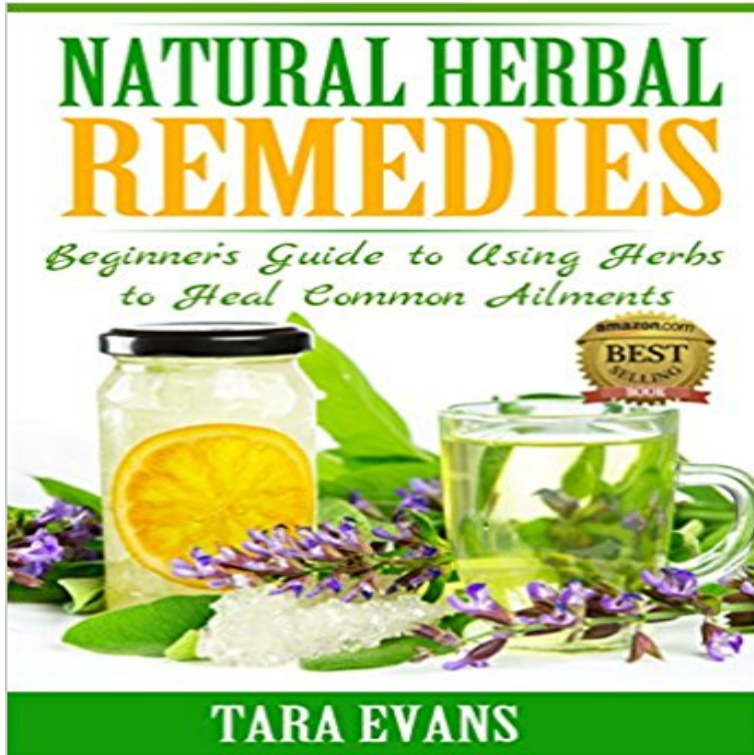


Natural Herbal Remedies: Beginners Guide to Using Herbs to Heal Common Ailments



What readers are saying: Its a great reference guide to making your own herbal remedies at home that I highly recommend.

This will prove to be a handy resource book for anyone looking for proven herbal remedies that can be used to heal and soothe many common ailments. Easy to understand and informational. Herbal remedies have been successfully used for thousands of years to treat a broad range of health problems and common ailments.

Far from being alternative, these traditional tried and tested remedies have been used all over the world for millennia. Unlike more conventional pharmaceutical treatments, herbal remedies can be gentler, cheaper, less invasive, have fewer side effects, and are simply natural. If youre looking for simple and effective natural herbal remedies for you and your family, then this book provides a range of treatments for most common ailments. It is perfect for beginners who want to start using more natural treatments for everyday complaints, and is an excellent reference guide to have around the home. What youll love about this book: Guide to using creams, decoctions, essential oils, infusions, inhalations, poultices, and tinctures Advice on sourcing equipment and herbs Treatments for a wide range of ailments from athletes foot to stomach ulcers, hangover to sinusitis, anxiety to insomnia And much more! So, what are you waiting for? Grab your copy today and start moving towards natural health!

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