



Herbs for Health and Healing: Harvest the Healing Power of Medicinal Plants with Home Grown Herbs and Simple Remedies for Common Ailments

Nicolette Goff

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Did you know pharmaceuticals kill more than 100,000 Americans a year, according to JAMA (The Journal of the American Medical Association)?

Most commonly prescribed pharmaceuticals have extensive lists of side effects that can cause further health problems.

People just like you and me are turning to more natural and less invasive methods to solve health issues, promote wellness and achieve a vibrant lifestyle.

You owe it to your body and your life to learn how to build your health and wellness in a safer and more natural way.

This introductory volume, **Herbs for Health and Healing**, begins with a short background of historical herbal lore, traditional Chinese Medicine and Ayurvedic tenets. Learn about the many benefits of using medicinal herbs, how to grow 21 healing herbs at home, and 8 methods to prepare your own herbal remedies. Soothe rashes and insect bites, rid yourself of headaches and stomach upsets, sleep longer and deeper, bolster your immune system and decrease inflammation and pain with safe and effective home remedies.

YOU WILL DISCOVER:

- How all cultures have relied on herbal remedies for centuries to treat disease, enhance health and enliven the body.
- The most common ailments where time-tested herbal remedies can be a healthy and effective option
- Advantages and risks of herbal remedies – both sides of the equation
- A complete description of 21 familiar herbs you can grow at home, their healing properties, the best way to prepare them, the ailments they can alleviate and cautions for use.
- Detailed directions to prepare different types of herbal remedies for optimum potency and benefit

Why rely solely on artificial drugs when Mother Nature has given us all-natural, economical and safer alternatives? This book will lead you on your journey to growing and using herbs for enhancing your health and healing.

Don't Wait: Harvest the healing power of Medicinal Plants with home grown herbs and simple remedies for common ailments - buy the book today!

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