

The Natural Remedy Bible (Better Health for 2003)

John Lust, Michael Tierra



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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: " 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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