



Herbal Remedies: Herbs that Cure Sickness, Improve Health and Fight Disease

Brian Yi

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Herbal Remedies. Herbs that Cure Sickness, Improve Health and Fight Disease It is a little known fact that almost every sickness and disease can be treated with simple herbal remedies. While the book provides several herbal remedies for common ailments and illness, it also goes beyond this to encourage readers to use herbs to keep the body and mind healthy. Incorporating herbs in everyday life can do wonders for one's health. The author believes that health should be given the greatest priority and a few simple herbal remedies can go a long way in allowing one to feel healthier, happier and younger. Herbal remedies are not just used to cure sickness, but also to prevent it. They detoxify the body, clear the mind and provide necessary nourishment. The author attempts to help readers see that herbal remedies are, for the most part, pleasant and enjoyable. Above all, they are simple and inexpensive, which makes it easy to incorporate these remedies into ones daily life. Also with a complete Bonus chapter with information you can use right away and Now! Download this Bestseller Now!! The author of "Herbal Remedies: Herbs that Cure Sickness, Improve Health and Fight Disease" hopes to create awareness about the elusive and often misunderstood world of herbs and herbal remedies. The author insists that nature has the best answers- remedies that are easy, efficient and inexpensive. The book gently guides readers through a multitude of little known but east to understand natural treatments and herbal remedies. The most attractive thing about herbs and herbal remedies is that they are not restricted to a single ailment or health problem. While allopathic medicines are designed specifically for various ailments, the beauty of nature is such that a single herb can be used to treat several different illnesses. Don't waste time, Learn this today! This book comprehensively lists herbal remedies to health problems that are specific to women, men or children. There is also a section devoted to herbal remedies for personal care, proving that easily available herbs can replace expensive cosmetic products and treatments. The author ensures that there is something in the book for everybody. However, the book also goes beyond just explaining herbal remedies.. "Herbal Remedies: Herbs that Cure Sickness, Improve Health and Fight Disease" uses simple words to explain to the readers the causes and symptoms of various ailments. This is followed by a list of herbal remedies that the reader is free to choose from according to convenience and necessity. Suitable warnings are provided for certain herbs and remedies wherever necessary. An easy-to-understand section on herbal preparations helps readers understand what goes into the creation of different types of herbal concoctions. The author provides sufficient information to enable the readers to create various herbal preparations by themselves at home. Towards the end, readers are provided a bonus chapter on creating their own herbal first aid kit- essentially the first basic step towards a healthy herbal lifestyle.

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