



The Complete Guide to Natural Cures: Effective Holistic Treatments for Everything from Allergies to Wrinkles (Paperback)

By Debora Yost

HarperCollins Publishers Inc, United States, 2009. Paperback. Book Condition: New. 170 x 107 mm. Language: English . Brand New Book. Natural or herbal medicine has existed as long as humans have inhabited the Earth, and in fact, it is the basis for modern medicine. But in an age of quick fixes, pill popping, and it has become apparent that these traditional, doctor prescribed treatments aren't always enough - it is vital to have a well-rounded health regimen and that often includes alternative treatments. Debora Yost takes readers step-by-step through effective uses of diet changes, herbs, hydrotherapy, yoga, and various physical treatments such as chiropractic, acupuncture, massage, and reflexology to treat and/or prevent over 90 common ailments, from acne and bad breath to heart disease and rheumatoid arthritis. The book is laid out in a dictionary-like, A-Z format according to each sickness so it's easy to find the cure for what ails you. Paired with advice about how and when to use these treatments, which foods possess the most nutritional value, and a resource guide, The Complete Guide to Natural Cures is the ultimate handbook for living a healthy, natural life.



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Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**

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