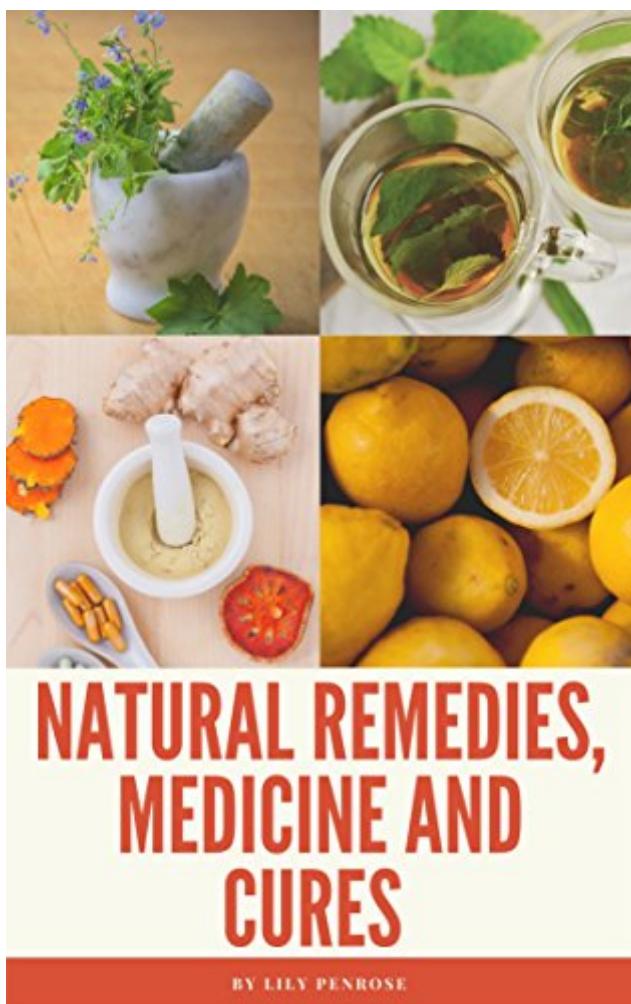


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# **Natural Remedies, Medicine And Cures: Herbs, Self-healing And How To Treat And Cure All Common Ailments And Major Diseases**



## Synopsis

Are you suffering from a common ailment such as constipation or a major disease such as diabetes? Have you tried medications but nothing works? Want to give natural healing a try? Natural cures and natural medicine are the best ways to treat and cure your ailments and diseases! This book presents the best healing herbs, rules for safe and natural self-healing and why you should choose natural cures over orthodox medical treatments when possible. This book will also give you specific ways to cure ailments and diseases such as acne, anxiety, kidney stones, toenail fungus and many more. Recipes for natural remedies are included and easy to make at home. I am Lily Penrose - a health and beauty writer who has been interested in holistic, alternative and natural healing approaches for a long time. I am a self-taught but certified natural health specialist, yoga practitioner and dietician. This book includes:

- Introduction to natural healing and the best healing herbs
- Rules for safest self-healing
- Reasons to choose natural cures over orthodox medical treatment
- Natural remedies for acid reflux
- Natural remedies for acne and cystic acne
- Natural remedies for ADD & ADHD
- Natural remedies for allergies
- Natural remedies for anxiety
- Natural remedies for arthritis
- Natural remedies for asthma
- Natural remedies for breast cancer
- Natural remedies for cellulite
- Natural remedies for constipation
- Natural remedies for dandruff
- Natural remedies for dementia & Alzheimer's
- Natural remedies for depression
- Natural remedies for diabetes
- Natural remedies for diarrhea
- Natural remedies for erectile dysfunction
- Natural remedies for gas/flatulence
- Natural remedies for gout
- Natural remedies for grey hair
- Natural remedies for headache/migraine
- Natural remedies for hemorrhoids
- Natural remedies for herpes
- Natural remedies for high blood pressure
- Natural remedies for high cholesterol
- Natural remedies for hot flashes
- Natural remedies for hypothyroidism
- Natural remedies for irritable bowel syndrome
- Natural remedies for kidney stones
- Natural remedies for multiple sclerosis
- Natural remedies for osteoporosis
- Natural remedies for Parkinson's disease
- Natural remedies for pink eye
- Natural remedies for prostate cancer
- Natural remedies for psoriasis
- Natural remedies for receding gums
- Natural remedies for rosacea
- Natural remedies for shingles
- Natural remedies for sinus infection
- Natural remedies for toenail fungus
- Natural remedies for upset stomach
- Natural remedies for urinary tract infections (UTI)
- Natural remedies for weight loss
- Natural remedies for yeast infections
- Natural remedies for youthful skin

Are you ready to go back to nature and cure your ailments and diseases the natural way? Scroll up, hit that buy button!

## Book Information

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## **Customer Reviews**

This is an excellent reference book to have on hand..invaluable for the good health for yourself and your family. Very informative and easy to understand. This book presents the best healing herbs, rules for safe and natural self-healing and why you should choose natural cures over orthodox medical treatments when possible. Thorough, detailed and just what I needed as a beginner herbalist.

The book has the best healing herbs, rules for safe and natural self-healing and why we should choose natural cures over orthodox medical treatments when possible is there to do it. It also gives us a specific ways to cure ailments and diseases such as acne, anxiety, kidney stones, toenail fungus and many more while at home.

This book contained many cures for sicknesses thought to be untreatable. I have been managing sensitivities and roughage fever throughout the previous a quarter century. I have additionally been taking hypersensitivity shots. This allows me to take a stab at something normal. Recommended to all.

Something crossed my mind when I got this book. It's the technological advancement we had these days and medicines are also upgrading. I just grabbed it for the sake of checking what does this book have to offer. Many may not read it because our world revolves and natural remedies are left forgotten by many. So there, I grabbed and read it. It showed me great things. Something worth keeping. Our body sometimes needs natural cure not just the medicines we can buy in drug stores. It is also a book which have longer pages which means you will learn a lot of new things from these natural medicines.

Healing up your body using natural means is more beneficial than simply taking commercially prepared medications. This book explains further the benefits of taking herbs as natural means and remedy for better health. The book also lists different herbs for the different systems and parts of the body.

This is a really great and helpful book. This is about how to take care of yourself through natural way. The instruction given here are very easy to take after. I recommended this book to everyone.

A full packaged of interesting information that will truly beneficial to our everyday life. This book is all in one, combined with cumulative knowledge about natural remedies, medicine, and cures. Highly Recommended

Very nice book, as it covers wide range of natural remedies for most important human diseases. Small but very informative and helpful. Would be useful for those who is looking for home natural remedies.

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