



**Help Yourself: The Ultimate Herbal Health Bible
(A Beginners Guide to Healing Herbs): Heal, Cure
and Detox Using Healthy Natural Herbs
(Medicinal Herbs: The Complete A-Z Reference)**

Mercedes Del Rey

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Medicine has made extraordinary strides in providing treatments and care for every almost aspect of our health. But the trend to offer a prescription for every possible medical condition has grown to the point where some drugs are becoming ineffective as the targeted bugs develop resistance to the treatment. It's been widely reported that we've become too reliant on pharmaceuticals and that we don't take enough care of ourselves to prevent diseases from taking hold in the first place. When we consider that more people die in the United States from the effects of their prescription medication than die from gunshot wounds, this must be a wake-up call to re-assess our over-reliance on drugs.

But there is an older tradition of medicine that relied on the curative powers of herbs to heal and prevent disease. This more natural approach to healing was largely eclipsed with the appearance of penicillin, undoubtedly a wonder drug that has saved millions of lives, but a drug whose successors often struggle unsuccessfully in the combat against infections. Perhaps that's why there has been a very serious revival of interest in medical circles in the healing properties of plants. Their reputation for healing, curing and preventing disease was based on hundreds of years of experimentation, trial and testing and their properties as healing agents can now be applied safely and effectively by anyone today who seeks to treat their bodies as naturally as possible. Amongst a wealth of information, this comprehensive box set of herbal cures and applications will show you how to:

- Relieve common symptoms of colds and 'flu
- Boost and enhance your immune system to resist bugs and infections
- Clear up skin irritations, itches, rashes and blemishes
- Encourage your body to burn excess fat
- Improve digestion to metabolise your food more effectively
- Ensure a better and more restful night's sleep
- Reduce inflammation inside and outside the body
- Re-balance your hormones
- Tame the menopause
- Banish hot flashes
- Speed up healing
- Improve brain and memory function

This is the kind of reference material that used to be essential reading for every family and every household would typically keep a copy on hand. These are the herbal recipes that our great-grandmothers were familiar with, the natural cures that have proved their worth over hundreds of years of practical use. It's ironic that modern medicine is now turning to these time-honoured methods to seek more effective ways to combat bugs, infections and diseases. The good news is that this priceless information can be yours to own and keep

on hand, for prevention and cure, to enhance your health and wellbeing and help you avoid all those unpleasant and sometimes dangerous side-effects that are caused by many prescription medications. Join the movement for a more natural approach to your health and celebrate the wonder of herbs in your life. Download the box set now and start to enjoy your health on a whole new level. You deserve it!

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Jack Alexandre:

People live in this new time of lifestyle always attempt to and must have the extra time or they will get lots of stress from both everyday life and work. So , whenever we ask do people have spare time, we will say absolutely sure. People is human not a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to anyone of course your answer will probably unlimited right. Then do you try this one, reading textbooks. It can be your alternative in spending your spare time, often the book you have read is definitely Help Yourself: The Ultimate Herbal Health Bible (A Beginners Guide to Healing Herbs): Heal, Cure and Detox Using Healthy Natural Herbs (Medicinal Herbs: The Complete A-Z Reference).

Craig Harrison:

As we know that book is very important thing to add our know-how for everything. By a e-book we can know everything you want. A book is a set of written, printed, illustrated or blank sheet. Every year seemed to be exactly added. This publication Help Yourself: The Ultimate Herbal Health Bible (A Beginners Guide to Healing Herbs): Heal, Cure and Detox Using Healthy Natural Herbs (Medicinal Herbs: The Complete A-Z Reference) was filled concerning science. Spend your free time to add your knowledge about your scientific disciplines competence. Some people has diverse feel when they reading a book. If you know how big benefit from a book, you can truly feel enjoy to read a book. In the modern era like right now, many ways to get book which you wanted.

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Frances Drury:

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