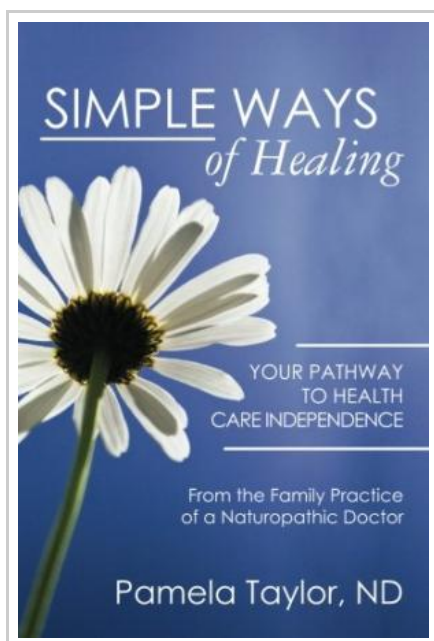



[DOWNLOAD](#)


Simple Ways of Healing

By Pamela Taylor

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.SIMPLE WAYS OF HEALING guides you step-by step through the use of classic natural therapies: herbal medicine, hydrotherapy (water cure), essential oils (aromatherapy), biochemic cell salts, homeopathy; simple, inexpensive detoxification techniques, and more. Based on the family practice experience of a naturopathic doctor, what s inside this book works! Part One, The Basics, describes principles and practices of traditional nature-cure to help you detoxify your body and rebuild your health. On a tight budget? Part Two details simple, safe, inexpensive and effective Hydrotherapy (water cure) techniques you can apply using the towels, sheets and water you already own. Part Three describes how to use the incredibly effective Schussler Biochemic Cell Salts - twelve miracle minerals that promote health by altering the body s biochemical pathways. Part Four guides you through the effective use of thirty-nine Homeopathic remedies for common, and not so common, illnesses. Part Five describes the benefits and properties of thirty-five Essential Oils with formulas for their use in Aromatherapy. Learn to make your own applications for pain relief, colds, flu, women...



READ ONLINE
[6.71 MB]

Reviews

Comprehensive guide for ebook fanatics. I have read and i am certain that i am going to planning to read through yet again once again in the future. Your lifestyle period will likely be change once you full looking over this ebook.

-- **Jakob Davis**

This publication is wonderful. It really is rally interesting throgh reading period of time. I am just very easily will get a delight of reading a published book.

-- **Roma Little**