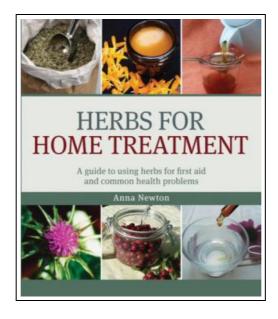
# Herbs for Home Treatment: A Guide to Using Herbs for First Aid and Common Health Problems (Paperback)



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#### Reviews

An extremely wonderful book with perfect and lucid information. This can be for all those who statte there had not been a really worth reading through. Its been written in an exceptionally easy way and it is only after i finished reading this ebook in which actually modified me, alter the way i really believe.

(Kaelyn Reichel)

## HERBS FOR HOME TREATMENT: A GUIDE TO USING HERBS FOR FIRST AID AND COMMON HEALTH PROBLEMS (PAPERBACK)



GREEN BOOKS, United Kingdom, 2009. Paperback. Condition: New. 1st. Language: English. Brand New Book. Herbs for Home Treatment is a comprehensive guide to the use of herbal remedies to cure common ailments and improve your general health. It includes advice on: preventing and treating common illnessescreating your own tinctures, oils and ointments maintaining your energy levels and increasing your mental and physical staminabasic herbs to have at home, and those that are useful but not essential ssembling a first-aid kit for travelling, both in Europe and more remote areaswhere to buy good-quality herbal products and find a professional herbalist. There are detailed sections on the common problems of the digestive, respiratory, circulatory and nervous systems, as well as chapters on slowing down the ageing process, reviving libido and recovering from a serious illness. If you want to look after your own health, Herbs for Home Treatment gives you all you need to do so in a user-friendly way and will inspire you to create your own medicines from your own herbs.

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