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Medicinal Herbs: Aromatherapy, Essential Oils And Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1)



Synopsis

Do You Want Over 75 Essential Oils To Improve Your Health? Essential Oils have been used for thousand of years and have been proven to boost the immune system, help prevent infections, heal allergies, and much more! Today, the World Health Organization (WHO) estimates that 80 percent of the world's population still uses traditional remedies, including plants, as their primary health care tools. Meanwhile, the majority of new drugs (70 percent) introduced in the US are derived from natural products, primarily plants.

Table of Contents:- HISTORY OF THE HERBS- CHEMISTRY OF THE HERBS- Alkaloids- Tannins- Cardiac glycosides- Saponins- Anthraquinones- Flavonoids- Essential oils- Vegetable oils- Bitter principles- Mucilages- Organic acids- Vitamins and trace elements- ALTERNATE METHODS OF ALTERNATE MEDICINE- ACUPUNCTURE- THE ALEXANDER TECHNIQUE- AUTOGENIC TRAINING- AYURVEDIC MEDICINE- CHIROPRACTICE- CHINESE MEDICINE- COLOR THERAPY- HYDROTHERAPY- KINESIOLOGY- MASSAGE- REFLEXOLOGY- REIKI- SHIATSU- AROMATHERAPY- HOMEOPATHY- PREPARATION OF THE POTIONS- Infusions- Decoctions- Tinctures- Glycerol- Fluid extracts- Syrups- Powders- Pills- Baths- Ointments- Poultices- Compresses- Plasters- DISPOSABLE INDISPOSITIONS AND THEIR HERBAL TREATMENTS- Common cold- Catarrh- Sore throat- Coughs- Indigestion- Diarrhea- High blood sugar- High cholesterol and heart health- Urinary tract infections- Joint pain and arthritis- Cancer prevention- PRINCIPLES OF HERBAL MEDICINE- HERB ACTIONS- HEALING HERBS**Includes An Essential Oils Surprise At The End****One last thing...if you download today, you'll get a link to receive incredible ebooks TOTALLY FREE!**To Read Immediately, Scroll Up To The Top-Right & Click The Orange "Buy now with 1-Click" Button.

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Customer Reviews

This is a very informative book explaining concisely the details of alternative medicine. I like the chapter on the alternate methods of alternate medicine that discusses acupuncture, Chinese medicine, kinesiology, reiki, reflexology, aromatherapy, among others. There is also a useful chapter on herbal treatments for the common cold, sore throat, diarrhea, high blood sugar, high cholesterol, etc.

I've heard from a few friends about the use of essential oils and the positive effect it can have on the body. I always look for ways to improve my skin, by not only discovering a product that is nourishing for my body but also helped treat my irritated skin. I decided to download this book to see what I could learn from it regarding all the basic oils and use what I found valuable in my life. To be honest, this book has everything you need to know from the different types, how to treat certain conditions, blending the oils, what to be aware of, using it best for massages and the list goes on. It is very in-depth and I believe you'll enjoy reading it and educating yourself all about the essential oils if the topic is in your interest. Overall, I highly recommend it!

This little book is so helpful in determining what oils work for different reasons. It is also a good reference that resides on the Kindle app on my phone when shopping for new fragrances, so it's always with me. Great book, great idea.

I never knew that there was so many uses for Herbs. There is currently a great interest in exploring plants that boost the immune system. The use of Herbs goes way back in time. I didn't know this, but there are even 14 Herbs mentioned in the Bible. Many, many Herbs were listed for their medical uses. This book also got into a lot of alternative medicine. While some took a bit of an opened mind approach to even want to try, I saw many made logical sense as to why they would work. The author got into many different plants you can find and what purpose they could be used

at and how to prepare the potion. Kind of overwhelming the amount of good information this book goes over on everything to do with Herbs and alternative medicine.

By far the MOST comprehensive Essential Book on Kindle. Shows how to grow herbs and flowers, how to prepare, then how to use. Even goes into the history as seen by different cultures (i.e. Reiki, Chinese Medicine, Traditional Massage) One of the better Ebooks I've ever read.

This book is fantastic! Unlike allot of other type of books on herbs/natural remedies for health etc this book is very informative and packed full of detail on each sub-topic. You really develop a deep understanding on herbs and the benefits they have after reading this book. I will definitely implement some of the treatments!

A great reference guide. I liked the history of herbs and which ones are mentioned in the Bible and Quran. Some of the alternative remedies I've never heard of like the Alexander technique and autogenic training. Will have to research those further. I like how it breaks it down by herb and by ailment.

I prefer to treat everyday illnesses and injuries naturally whenever possible with herbs and essential oils. This is one of my favorite guides. Very comprehensive and uses a lot of herbs I already have in my kitchen. Loved this.

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