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Natural Herbal Recipes: 145 Homemade Herbal Medicine Remedies for Vibrant Health (Paperback)

By Mel Hawley

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Feel Better Naturally With These Simple, Powerful Herbal Remedies Nowadays, we are more health conscious than before. This is evident in the clamor for everything organic and natural. Whether it is our foods, or beauty products, a large number of us now stay away from artificial additives having embraced the growing trend to go natural. Now when it comes to our health and well being, it only makes sense to use herbal remedies which are all-natural, safe and affordable as opposed to expensive and risky pharmaceuticals. Herbs have been in use for millions of years for treatment and consumption purposes. They are proven and established natural methods for treating infections and minor ailments. In this book, Mel Hawley, author of the Big Book of Essential Oils for Healing and The Big Book Of Essential Oil For Beauty presents safer, cheaper, less-time consuming and highly effective ways to treat these ailments in the comfort of your home. Whether you are battling a cold, headache, allergy, fever, psoriasis or weight loss, you can effectively address it with herbal teas, capsules, syrups, tinctures, poultices, salves,...

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