



Simple Ways of Healing (Paperback)

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
[2.86 MB]

Reviews

These kinds of publication is everything and made me hunting ahead of time and more. I have got read through and i also am confident that i am going to gonna study yet again yet again later on. Its been printed in an extremely basic way in fact it is only after i finished reading this pdf in which in fact transformed me, alter the way i believe.

-- **Cristina Koepp**

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Jayda Lehner Jr.**