

Natural Remedies An Essential A-Z Guide

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Abstrak

Natural healing remedies have become a thriving modern preoccupation. This comprehensive guide is packed with information about the various natural medicines, therapies and treatments available, as well as advice on related topics such as nutrition, first aid and exercise. "Natural Remedies" will appeal to a wide range of readers; clear concise explanations make it accessible to beginners, while the rich detail holds the interest of the more knowledgeable reader. Whether you are thinking of trying out some alternative treatments or simply want to discover a healthier lifestyle, this book will have something to interest and inspire you.