

michael van straten

Super boosters

herb, plant & spice extracts to boost health

Super Boosters Herb Plant And Spice Extracts To Boost Health

John Davidson, Dueep J. Singh



Super Boosters Herb Plant And Spice Extracts To Boost Health:

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Herbs for Health and Healing - The Healing Power of 10 Herbs, Spices and Healing Plants John Davidson, Dueep J. Singh, 2013-05-15

Herbs for Health and Healing The Healing Power of 10 Herbs Spices and Healing Plants Table of Contents Introduction Cinnamon Cinnamomum zeylanicum Best Time Tested Remedy for Colds Making a Ginger and Cinnamon Decoction Cayenne Capsicum minimum Cayenne Hot Oil Making an Infused Oil Lemon Citrus lemonum Lemon for Fever Lemon Compress Lemon for Beauty and Health Skin Balm Lemon Body Lotion Cardamoms Elettaria cardamomum For Caffeine Addicts Mind Clearing Potpourri Onions Allium cepa Onion milk Onion Poultice Traditional Soups Garlic Allium sativum Garlic Bread and Garlic Butter Garlic Rub Cloves Eugenia Aromatica Analgesic Rub for Headache and Backache Fennel Foeniculum Vulgare Fennel as a Diuretic How to Make Herbal Teas Smoking Fennel Seeds Parsley Healthy Parsley Soup Rosemary Making a Rosemary Tincture Rosemary Conditioner Conclusion Author Bio Introduction This 21st century world is full of toxic water poisoned air and chemical pollution We are also very worried about the thinning ozone layer because it is definitely going to have a bad after effect on our climate and then correspondingly on our health This is the reason why we are looking towards the use of natural elements to keep us healthy and fit That is because we have understood the fact that chemical based drugs are efficacious on a short term basis but they do not heal us long term Besides there is always the chance of dangerous side effects And so our health is ruined because we could not prevent ourselves from popping that pill Ancient remedies on the other hand have been passed down through centuries Many of us consider these remedies to be quack remedies because many of them have not been subjected to scientific research and a stamp of experienced researchers telling you all right it is useful to add a lot of cinnamon to your diet because that has been scientifically proven to cure 99% of bacterial and viral infections Nevertheless there are a lot of infections which have been proven down the millenniums to be cured only by practical and natural remedies Many of these practical remedies have been in use for thousands of years and are still in use because they have proved their time tested efficacy over and over again in solving your health problems and curing you Best you are going to be cured from the root and the effects are going to be long term No matter what ailment you suffer from you can always do something with a little bit of knowledge and a little bit of help from nature to enhance your well being and good health Many of us living in the cities are terrified of picking up any useful herbal plant material growing wild and which

we encounter when we are on open air ambles because we know that they have been contaminated from lead from vehicle exhausts and also could have been sprayed with agri chemicals Also we do not have the herbal lore which was taught to our ancestors by their ancestors There was a time when every proud housewife worth her salt knew all about herbs spices and natural remedies and had a still room in which she used to brew herbal remedies to keep our family healthy and happy and natural ointments to keep them youthful looking Gathering herbs from the wild can only be done by those botanists and herbalists will have extensive knowledge of the beneficial points of plants So that is the reason why a large number of the plants which I am going to describe to you in this book can be easily found in your local market

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