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Digest

THE everyday arthritis solution



food, movement, and
lifestyle secrets to
ease the pain
and feel your best!

by **Richard Laliberte** with Virginia Byers Kraus, MD, PhD and Daniel S. Rooks, PhD

The Everyday Arthritis Solution

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Jude's Seasonal Herbal Remedies Jude Todd,Carly Wall,2024-07-08 Seasonal Remedies for Year Round Health With nearly 300 recipes for teas tinctures tonics and other treatments this collection of restoratives ensures you are prepared for almost any ailment Following the success of beloved classic Jude s Herbal Home Remedies Master Herbalist and Naturopathic Doctor Jude Todd began assembling recipes for a new compendium After Jude passed away her daughter Carly Wall found and edited her unfinished manuscript cultivating it into a profound continuation of Jude s legacy The resulting guide organized by season walks you through natural medicine for many conditions such as Acne Cough Cramps Depression

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and effective **Herbal Cures - Healing Remedies from Ireland** Christine Scallan, 2003-06-12 A simple and practical guide that will teach you how to use herbs to treat and prevent common illnesses For thousands of years herbs were used as a natural remedy for many common ailments In Herbal Cures experienced herbalist Christine Scallan rediscovers the traditional herbal methods for healing illness managing symptoms and improving general well being In this simple practical guide she will show you the easy and effective ways you can use herbs to improve your health ease ailments and enhance your moods using herbs as a complement to conventional medical treatments In Herbal Cures veteran Irish herbalist Christine Scallan will teach you all about the natural healing power of traditional Irish herbal superfoods kelp honey apple cider vinegar and pollen You will also discover the benefits of using herbs as food and flavouring as she explores The curative properties and uses of herbs Where they are most commonly found How to prepare herbal remedies Making and using poultices oils infusions and decoctions In Herbal Cures you will learn how to use herbs such as basil peppermint marjoram and St John s Wort to treat a huge range of ailments such as Sinusitis Acne Diarrhoea Depression Migraine Asthma Herbal Cures will teach you the A Z of herbs and show you how to integrate them in your daily diet making you a happier healthier and more vital person **I HORMONE HOMOSAPIENS - REVISED VERSION** aruya a. ayo@roth amm, 2025-08-24 The Science Soul and Survival of Hormonal Life from Puberty to Aging Addiction to Awakening Welcome to Endocrinopolis where hormones speak the body listens and healing begins This is no ordinary health book I HORMONE HOMOSAPIENS is a poetic scientific and deeply human journey into the hidden world of your hormones those silent messengers shaping your mood weight sexuality sleep energy immunity emotions addictions ageing and even identity Backed by science yet infused with metaphor and storytelling this revised edition answers countless questions from readers of The HAELOLI Philosophy Happy Healthy Long Life and invites you to finally understand your body s most essential language What You ll Discover Inside Meet Your Hormones as citizens of Endocrinopolis the city inside you Learn how estrogen testosterone cortisol melatonin insulin dopamine and others affect every stage of life Understand Hormonal Imbalance as inner civil wars manifesting as PCOS thyroid dysfunction insomnia obesity depression libido issues and emotional chaos l Explore Gender Sexual Health with empathy through menopause andropause sexual dysfunction sensuality and intimacy with a special chapter on PENIS CAPTIVUS and the mind body connection l Discover the Emotional Chemistry of Love Loneliness dopamine oxytocin and serotonin as the real love triangle l Navigate Hormonal Disorders Disease including autoimmune conditions sleep disorders coeliac cancer prostate leukemia cardiovascular risk and rare endocrine disorders l Unpack Addiction Digital Burnout and Mental Health through stories of dopamine depletion screen addiction anxiety and post pandemic hormonal starvation l Learn to Live and Age Well optimize telomeres master fasting detox manage stress and awaken the healing rituals of hormonal balance l Embrace Self Awareness as Medicine HAELOLI Happy Healthy Long Life guides you to decode your body s signals reconnect with nature and find balance through every decade of life This Book Is for You If l You want to

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Embracing the Melody of Appearance: An Psychological Symphony within **The Everyday Arthritis Solution**

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