THE HEALING POWER OF

# vitamins, minerals & herbs

The A-Z guide to enhancing your health and treating illness with nutritional supplements

# **The Healing Power Of Vitamins Minerals And Herbs**

**Christian Drosten** 

#### The Healing Power Of Vitamins Minerals And Herbs:

The Healing Power of Vitamins, Minerals, and Herbs ,1999 This comprehensive reference contains the information families need to use vitamins minerals and herbs wisely whether they are interested in maintaining good health coping with everyday complaints or dealing with serious diseases 300 color photos illustrations charts The Healing Power of Vitamins, Minerals, and Herbs Reader's Digest Association (Canada),1999 The Healing Power of Vitamins. **Minerals, and Herbs** Reader's Digest Staff,2002-05 The Healing Power of Vitamins, Minerals and Herbs Reader's The Healing Power of Chinese Herbs and Medicinal Recipes Joseph P. Digest Association South Africa, 1999 Hou, Youyu Jin, 2012-11-12 A modern reference guide on the benefits of incorporating traditional Chinese medicine into modern day therapies The Healing Power of Chinese Herbs and Medicinal Recipes is an easy to follow introduction to the history of traditional Chinese phytomedicine This useful guide clearly explains the basics of this unique medical system and describes in detail the therapeutic properties and use of medicinal herbs and herbal recipes The book includes a bibliography glossary contact information for herbal dealers and Oriental medicine schools and an indexed list of 300 commonly used Chinese medicinal herbs and 245 herbal recipes In The Healing Power of Chinese Herbs and Medicinal Recipes you will find the fundamentals evolution and development of the herbal formulas of the 4 000 year old Oriental Materia Medica also known as ben cao The book contains 11 sections documenting the therapeutic applications dosages precautions and modern research findings of 138 of the most popular medicinal herbs In addition this resource provides 101 of the most frequently prescribed master recipes by famous ancient physicians including their origin ingredients actions indications and modern clinical uses The Healing Power of Chinese Herbs and Medicinal Recipes offers an in depth education on tonic herbs herbs that adjust the yin and yang of the body herbs that invigorate circulation of vital energy gi and blood herbal tranquilizers herbal diaphoretics herbal expectorants antitussives and antiasthmatics herbal pain killers herbs which regulate digestion and elimination herbal diuretics herbal antipyretics antimicrobials and detoxicants antitumor herbs The Healing Power of Chinese Herbs and Medicinal Recipes provides up to date information on the effectiveness of traditional Chinese medicine as well as how to use Chinese medicinal herbs in conjunction with Western conventions This comprehensive reference will benefit healthcare practitioners who want to include Oriental medicine in their practice and anyone who is interested in Chinese herbs or patients for whom conventional medicine has offered no relief The Healing Powers of Herbs and Spices Cal Orey, 2020-12-29 Boost your immune system with antioxidants lower your risk for the flu cancer diabetes heart disease and more with ordinary everyday ingredients you can find at home and make healthy green choices in today s fast changing world The key to vibrant health for all generations is in your kitchen Anise bay leaf garlic parsley turmeric and more for thousands of years herbs and spices have been praised for preserving and flavoring food as well as preventing and curing illnesses The latest research reveals that the seasonings already in your pantry or easily found fresh in your supermarket or

garden can lower your risk for cancer heart disease and obesity This A to Z guide catalogues the most popular and versatile herbs and spices drawn from the Mediterranean Diet but suitable for any diet plan You will learn how to harness herbalism to heal your body and mind Discover how to use nature s gifts including allspice chives fennel oregano pepper tarragon saffron and special blends like Herbes de Provence to Bring abundant zest to your table while lowering your cholesterol balancing your blood sugar and revving up your metabolism at any age Ward off colds and flu banish a hacking cough and even ease PMS or menopause woes by adding tasty plant therapy to your favorite food or drink Lessen your anxiety and boost your mood with aromatic natural ingredients found in dried and fresh flavorings Soothe aches and pains without harmful side effects and trigger feel good endorphins using sweet and savory garnishes including edible flowers Create in home spa treatments using the same herbal potions featured at luxury spa resorts Caraway Breadsticks anyone How about Cilantro Lime Slaw Herbal Greek Bean Soup or Roasted Paprika Cornish Hens With over 50 taste tempting recipes along with personal stories and fascinating historical anecdotes on medicinal uses dating back to biblical times The Healing Powers of Herbs and Spices is your go to guide to embracing limitless energy and healthy longevity while feasting on memorable meals full of aroma and deliciousness Includes 16 pages of color photos **100 Natural Remedies for Your Child Jared M.** Skowron, 2011-08-02 Americans spend 34 billion dollars annually on alternative medical therapies and products Not only are we seeking out natural remedies for ourselves increasingly we re also looking for ways to cut down on the amount of medication given to our children In 100 Natural Remedies for Your Child pediatric naturopath Dr Jared Skowron shows parents how to prevent and treat their children's illnesses from common ailments such as upset stomach headaches and minor infections to more serious problems like food allergies diabetes and asthma While there is a time and place for conventional medicine natural solutions especially diet can be effective strategies for treating many of our children s ailments 100 Natural Remedies for Your Child includes FOODS THAT HEAL Dietary change is the core lifestyle modification in naturopathic medical practice Dr Skowron shows parents the power of nutrition and reveals how foods can help prevent and treat disease TOXIC DETOX From pesticides to plastics natural medicine offers safe and proven methods for removing environmental toxins from our children's bodies SUPPLEMENTATION Parents will learn which supplements are helpful for alleviating symptoms or preventing illness and what dosages are safe and effective ALTERNATIVE REMEDIES Instead of heading to the drugstore for an over the counter remedy when their child is ill parents will learn how to use homeopathic remedies that save money and heal their child naturally **Herbal Remedies for Beginners** Sandra Kynes, 2020-06-08 Quick and Easy Remedies for Holistic Health This impressive book contains almost 200 recipes for herbal remedies that anyone can use even if you ve never worked with herbs Expert Sandra Kynes shows how herbal remedies can treat everything from the flu to kidney stones and can be made from ingredients commonly stocked in your kitchen Herbal Remedies for Beginners is cleverly organized and cross referenced so you can look up remedies by ailment or by herb making it easy to find what you need You ll discover how to make the remedies and a wide variety of application methods from teas and oils to balms and gels With everything from a basil and lemongrass salve for soothing insect bites to a ginger and turmeric syrup for alleviating motion sickness this is the perfect beginner s guide to natural wellness 

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