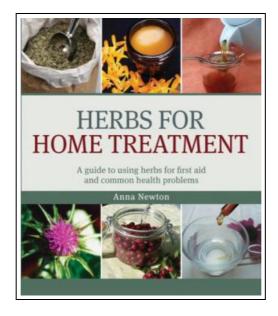
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GREEN BOOKS, United Kingdom, 2009. Paperback. Condition: New. 1st. Language: English. Brand New Book. Herbs for Home Treatment is a comprehensive guide to the use of herbal remedies to cure common ailments and improve your general health. It includes advice on: preventing and treating common illnessescreating your own tinctures, oils and ointments maintaining your energy levels and increasing your mental and physical staminabasic herbs to have at home, and those that are useful but not essential products and first-aid kit for travelling, both in Europe and more remote areaswhere to buy good-quality herbal products and find a professional herbalist. There are detailed sections on the common problems of the digestive, respiratory, circulatory and nervous systems, as well as chapters on slowing down the ageing process, reviving libido and recovering from a serious illness. If you want to look after your own health, Herbs for Home Treatment gives you all you need to do so in a user-friendly way and will inspire you to create your own medicines from your own herbs.



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