



Nerys Puchon's Handbook of Natural Healing: The Complete Home-Reference Guide

By Nerys Puchon

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An A-Z reference guide to common ailments and their remedies, such as emphysema, muscular aches and pains, and hypertension. Treatments use nutrition supplements such as vitamins and minerals, essential oils, herbs, meditation and relaxation, and homoeopathic remedies to prevent illness, promote good health and help you to create a chemical-free environment in which to live. The treatment descriptions are backed up by descriptions of how to make the ointments and poultices that are used. The book also describes the properties of all the popular and easily accessible herbs, essential oils and homoeopathic remedies that are recommended in the treatment section. There is also room for fun: recipes are given for pot-pourri and soap; try cooking with herbs and flavoured oil; and herbal alternatives to help in the garden and in everyday household chores.

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- Sales Rank: #2005812 in Books
- Brand: Brand: Allen Unwin
- Published on: 1998-09
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 6.25" w x 1.25" l,
- Binding: Paperback
- 432 pages

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