



Simple Ways of Healing

Pamela Taylor

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SIMPLE WAYS OF HEALING guides you step-by step through the use of classic natural therapies: herbal medicine, hydrotherapy ("water cure"), essential oils (aromatherapy), biochemic cell salts, homeopathy; simple, inexpensive detoxification techniques, and more. Based on the family practice experience of a naturopathic doctor, what's inside this book works! Part One, "The Basics", describes principles and practices of traditional nature-cure to help you detoxify your body and rebuild your health. On a tight budget? Part Two details simple, safe, inexpensive and effective Hydrotherapy ("water cure") techniques you can apply using the towels, sheets and water you already own. Part Three describes how to use the incredibly effective Schussler Biochemic Cell Salts - twelve miracle minerals that promote health by altering the body's biochemical pathways. Part Four guides you through the effective use of thirty-nine Homeopathic remedies for common, and not so common, illnesses. Part Five describes the benefits and properties of thirty-five Essential Oils with formulas for their use in Aromatherapy. Learn to make your own applications for pain relief, colds, 'flu, women's health issues, skin care products and more. And finally, Part Six, "Your Healing Garden", covers how to grow, harvest and preserve eighteen important medicinal herbs. Clear instructions and formulas guide you through making tinctures, liniments, electuaries, poultices and other home remedies. Make wonderful gifts for friends and holidays using recipes for herb butters, seasoningsalts, bath salts, sleep pillows and skin care products. An extensive therapeutic index covers topics from acne and abdominal pain to whooping cough and yellow fever. Measurements for formulas are given in both metric and standard. A recommended book list will get you started building your own natural healing library, and there is a "Sources and Resources" section for ordering supplies. 6" x 9", 510 pages. Photographs, charts and illustrations are in black and white.

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