



Natural Antibiotics and Botanical Treatments: Heal Your Body, Heal Your Mind

Aruna Siewert

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"The most effective medicine is the natural healing power that can be found within each and every one of us".

-- Hippocrates

All the information and suggestions in this book will make it easier for you to achieve health and wellness in your life -- both physically and emotionally. The fact that it tackles both components makes it truly unique and an indispensable resource. And most importantly, it takes a wholly and completely natural approach.

Full color throughout with dozens of color photographs, the book is broken down in a way that's very easy to digest -- beginning with a section on natural antibiotics and how herbal remedies work to support our body's own defenses. When you feel natural antibiotics are the right choice you'll have 46 herbs from the plant kingdom to choose from along with their medicinal profiles and uses -- featuring ingredients like Camomile, Horseradish, Watercress, Arnica and Thyme. Then over 20 common disorders are listed from A-Z so that you can find just the right herb and dosage for your disorder. Arthritis, sinusitis, bladder infections and Tonsillitis can all be treated with natural antibiotics.

Natural remedies in the form of botanical pharmaceuticals can also help to alleviate emotional disturbances and they can help you to achieve a sense of balance. Time-honored medicinal herbs are featured like Verbena, Valerian, Passion Flower, Hops, and Rosemary. And over a dozen conditions and accompanying prescriptions are featured. They include anxiety, lack of appetite, insomnia, grief, stress and listlessness.

The final section contains a complete index of all the herbs with a cross-reference to the specific concern they treat along with a complete profile. Also featured are often-asked questions, source information and additional recommended forms of therapy, making this a very useful resource to have at your fingertips.

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