

DR. JOHN HEINERMAN

# Nature's Super Medicines

The Seven Essential  
Ingredients for  
Optimal Health



- 1 Antioxidants
- 2 Bee Pollen
- 3 Cayenne Pepper
- 4 Garlic & Onions
- 5 Ginseng
- 6 Turmeric
- 7 Wheatgrass

# Natures Super Seven Medicines The Seven Essential Ingrediants For Optimal Health

**CL Gary**



## **Natures Super Seven Medicines The Seven Essential Ingredients For Optimal Health:**

*Nature's Super Seven Medicines* John Heinerman, 1997 In Dr John Heinerman's latest health giving guide the best selling alternative health author and medical anthropologist shares natural treatments and tips from his research around the world From the teachings of traditional Chinese doctors to the healing secrets of Mayan medicine men Dr Heinerman passes on remarkably effective prescriptions from folk healers and medical practitioners for using the powers of seven common foods and herbs to relieve everything from allergies to yeast infections These natural gentle and proven effective Super Seven Medicines will turn back the clock for rejuvenated health energy and vitality And they're safe inexpensive and easily found in your supermarket local health food store or even your backyard garden *Las 7 supermedicinas de la naturaleza* John Heinerman, 1998-11-24 Este libro le ayudara a aliviar la artritis la mala circulacion la arterioesclerosis las alergias las infecciones la ciatica los problemas dermatologicos y muchas otras enfermedades En su ultima guia de salud el doctor John Heinerman propone tratamientos naturales y ofrece consejos tanto unos como otros derivados de sus multiples investigaciones en los que combina las ensenanzas de los medicos tradicionales chinos con los secretos de sanacion de los curanderos mayas transmite recetas de gran eficacia y explica los poderes de siete plantas y alimentos comunes a la hora de remediar cualquier tipo de dolencia Estas siete supermedicinas naturales cuya eficacia esta ya fuera de toda duda invertiran la marcha del reloj y le conduciran hacia un gozoso rejuvenecimiento eliminaran las causas de las enfermedades prevendran los sintomas del envejecimiento y le insuflaran salud energia y vitalidad En realidad la medicina tradicional esta tan impresionada por sus propiedades curativas que ya esta empezando a recetarlas a sus pacientes Ademas son seguras baratas y muy faciles de encontrar tanto en el supermercado como en tiendas de dietetica o incluso en su jardin Descubra en fin el poder curativo de las siete supermedicinas del doctor John Heinerman despidase de las enfermedades y empiece a sentirse mas dinamico y saludable a partir de hoy mismo *Better Nutrition*, 1999-02 Reaching nearly 1 million readers monthly Better Nutrition celebrates 70 years as a leading in store distributed magazine for health conscious consumers Widely distributed to thousands of health food stores and grocery chains across the country Better Nutrition provides authoritative well researched information on food nutrition dietary concerns supplements and other natural products *Boekmark*, 1996

**The British National Bibliography** Arthur James Wells, 2002 *Nature's Super 7 Medicines* John Heinerman, 1997 From America's leading alternative health authority this original new book describes seven natural substances with unique healing powers These substances are easily available readily affordable and best of all natural and not synthetic Learn about the healing properties of cayenne pepper bee products ginseng wheat grass alliums turmeric and anti oxidants in Nature's Super 7 Medicines **Summary of Ben Lynch's Dirty Genes** Milkyway Media, 2024-01-24 Get the Summary of Ben Lynch's Dirty Genes in 20 minutes Please note This is a summary not the original book Dirty Genes by Dr Ben Lynch explores the concept of genetic variations specifically single nucleotide polymorphisms SNPs that can significantly affect health and

personality These dirty genes can be inherited or influenced by environmental factors but are not permanently fixed and can be cleaned through diet lifestyle and mindset changes      **The Publishers Weekly** ,1997      Powerful Plant-Based Superfoods Lauri Boone,2013-05 Use this top 50 superfoods guide to eat for maximum health energy weight loss Learn about local exotic foods that can be integrated into your daily diet      *Laboratory Evaluations for Integrative and Functional Medicine* Richard S. Lord,2008      **International Record of Medicine and General Practice Clinics** ,1907  
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## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Natures Super Seven Medicines The Seven Essential Ingredients For Optimal Health**

In a world inundated with screens and the cacophony of instant interaction, the profound energy and psychological resonance of verbal beauty usually disappear in to obscurity, eclipsed by the constant onslaught of sound and distractions. However, set within the musical pages of **Natures Super Seven Medicines The Seven Essential Ingredients For Optimal Health**, a charming perform of literary beauty that impulses with natural feelings, lies an unique journey waiting to be embarked upon. Published by a virtuoso wordsmith, this mesmerizing opus manuals visitors on an emotional odyssey, gently revealing the latent possible and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is main styles, dissect its captivating publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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