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HUNDREDS
OF SIMPLE HEALING
TECHNIQUES FOR
EVERYDAY ILLNESS
AND EMERGENCIES

By Mark Bricklin

EXECUTIVE EDITOR, PREVENTION[®] MAGAZINE

AUTHOR OF THE BEST-SELLING
PRACTICAL ENCYCLOPEDIA OF NATURAL HEALING

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Rodales Encyclopedia Of Natural Home Remedies

**Vance Ferrell, Edgar E.
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Dr Thrash has written numerous books about the benefits of charcoal hydrotherapy and other home remedies and natural therapies Nature s Healing Practices is an extensive volume that contains a wealth of information drawn from Dr Thrash s books and her and her associates years of clinical experience The book is divided into six sections Conditions and Diseases Home Emergencies Natural Remedies Herbal Remedies Dietary Information Supplemental Information The first section Conditions and Diseases makes up the largest portion of the book and serves as a reference guide for a host of ailments from allergies Alzheimer s diseases cancer and cataracts to headaches skin diseases thyroid issues and women s conditions Listed in alphabetical order the various conditions feature case studies background information causes and treatments including herbal hydrotherapy exercise and dietary suggestions The rest of the sections provide valuable information how to treat bee stings and other minor home emergencies how to administer hydrotherapy treatments what herbs treat what ailments and what foods to avoid and what foods to eat based on the condition you are battling

Natural Remedies Encyclopedia

Vance Ferrell,Harold M. Cherne,2006

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