



Natural Relief

from

Headaches, Insomnia & Stress

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Author of The New Holistic Herbal



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Natural Relief From Headaches Insomnia And Stress

Anne McIntyre



Natural Relief From Headaches Insomnia And Stress:

Natural Relief from Headaches, Insomnia & Stress David Hoffmann,1999 As the pressures of everyday life give rise to an increasing number of common ailments more and more people are turning to natural remedies to soothe and uplift both body and spirit The Natural Health Guide to Headache Relief Paula Maas,Deborah Mitchell,1997 Unsurpassed in scope and effectiveness this is a unique and comprehensive collection of natural headache remedies that will help sufferers discover how to identify the headache type and explore a wealth of soothing therapies that can be used alone or in combination with conventional medical care *National Geographic Complete Guide to Natural Home Remedies* National Geographic,2014 Discover over a thousand natural remedies for a variety of ailments including hiccups painful joints chapped lips and headaches The book also provides helpful tips for healthier living including how to fall asleep practice basic meditation clean vinyl floors and add nutritional value to foods **Stress** Clarke M. Ivanich,2002 Stress seems to be an affliction common to almost everyone living in the 21st century except perhaps a few inhabitants of some far off islands untouched by modern society But what is it And more importantly what is there we can do about it Some research says we need it but this seems hard to believe Other research no less believable says we don t need it but we can manage it About the only thing about stress that seems certain is that there is a lot of it around and that the less of it that lands on a person the better This book gathers new and important citations from both the journal and the book literature and provides access through author subject and title indexes Herbal Remedies Asa Hershoff,2001-03-05 An essential reference to herbal remedies for the most common ailments Sharing twenty five years of clinical expertise Dr Asa Hershoff has written a highly accessible and useful guide to hundreds of herbs and their uses for specific conditions The book s unique format helps readers quickly assess health conditions Margins on each page depict icons of body parts for very easy reference An alphabetical listing of ailments provides information on each herb s source dosage and possible contraindications Integrating the best of herbal tradition and science this authoritative book is an essential guide for tapping the healing power of herbs The Hidden Herbs: what Anette Ray Says Alyssa J. Bancroft,2024 FEEL ENERGIZED BALANCED AND TRULY ALIVE WITH THE HIDDEN HERBS BOOK WITHOUT RELYING ON PHARMACEUTICALS Are you tired of dragging yourself through the day feeling overwhelmed by stress and wondering if you ll ever get your energy back Do you dream of a natural simple way to reclaim your vitality without adding more to your already busy life Stop searching Start transforming With The Hidden Herbs you ll uncover ancient herbal secrets that have stood the test of time remedies that can help you finally break free from fatigue stress and discomfort INSIDE YOU LL DISCOVER The top herbs for boosting energy easing stress and supporting your immune system naturally and sustainably Quick actionable herbal routines to calm your mind improve your focus and help you sleep like a baby Safe effective remedies for joint pain inflammation and flexibility so you can move freely again Easy to follow steps for creating herbal teas tonics and infusions no experience needed Beauty rituals for glowing skin

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Natural Remedies for Mental and Emotional Health Brigitte Mars, Chrystle Fiedler, 2024-01-09 A self-care guide to treating mental emotional and neurological conditions Explores common mental health concerns and stress-related issues such as anxiety depression anger insomnia brain fog and trauma and shares remedies and practices to address and heal their root causes Examines the influence of diet and nutrition on mental health and the benefits of specific foods herbs supplements essential oils and self-care techniques Details holistic remedies for neurological conditions such as ADHD epilepsy addiction bipolar disorder PTSD multiple sclerosis Parkinson's disease traumatic brain injury TBI and stroke In this comprehensive guide to natural methods to maintain a healthy mind herbalist Brigitte Mars and natural health expert Chrystle Fiedler explore many common mental health concerns and stress-related issues such as anxiety depression panic attacks anger insomnia brain fog and trauma and share remedies and practices to address and heal their root causes Citing recent medical studies they examine the influence of diet and nutrition on mental health concerns and explore the benefits of specific foods herbs supplements essential oils and self-care techniques like acupuncture massage and color therapy The authors also explore holistic practices and treatments for moving through grief breaking free from addiction working with ADHD supporting chronic conditions like bipolar disorder epilepsy and Parkinson's disease and recovering from traumatic brain injury and stroke Presenting a wealth of holistic self-care therapies for mental well-being emotional balance and neurological health this guide enables each of us to heal the mind and nurture the soul two essential keys to a happy joyful life

Herbal Treatment of Children Anne McIntyre, 2005-09-07 Increasingly healthcare professionals are encountering

patients who are or wish to be taking herbal medicines This book not only provides answers to frequently asked questions but will also enable healthcare professionals to recommend safe alternatives to orthodox treatment if appropriate A practical guide to the safe and effective use of herbal medicines in pediatric primary care written by a respected and internationally known expert Easily accessible information ensures quick reference in practice Case histories and practical tips make this an essential companion for all professionals in primary care

The Canadian Encyclopedia of Natural Medicine Sherry Torkos,2012-12-07 Natural solutions for a healthy happy lifestyle As Canadians have become more health conscious than ever more and more people want alternative solutions to health problems rather than conventional medical practices and drugs For many a natural approach to healing common ailments and serious health issues alike is preferable to invasive procedures and prescription drugs with their numerous side effects Sherry Torkos one of Canada s leading pharmacists is renowned for her expansive knowledge of natural treatments In this new edition of The Canadian Encyclopedia of Natural Medicine Torkos provides a definitive and up to date resource that includes natural treatments for everything from bug bites to muscle aches osteoporosis to diabetes It includes a wide range of ailments and diseases the latest information on the natural treatments that work best and any potential negative interactions between natural cures and prescribed medications Handy A to Z format makes finding an ailment or condition quick and easy Heavily revised to include the very latest research and treatments new health guidelines new cancer prevention strategies and the most up to date statistics and facts Written by a renowned holistic pharmacists fitness instructor and lecturer For anyone who wants to create a personalized holistic health program for themselves or their family The Canadian Encyclopedia of Natural Medicine Second Edition is a reliable and comprehensive resource

Prescription for Natural Cures James F. Balch,Mark Stengler,Robin Young-Balch,2011-01-31 The revised and updated edition of the bestselling natural health bible more than 500 000 copies sold to date Hundreds of thousands of readers have relied on Prescription for Natural Cures as the source for accurate easy to understand information on natural treatments and remedies for a host of common ailments The new edition of this invaluable guide has been thoroughly updated to reflect the very latest research and recommendations This revised edition prescribes remedies for almost 200 conditions including new entries such gluten sensitivity and MRSA You ll find easy to understand discussions of the symptoms and root causes of each health problem along with a proven natural customized prescription that may include supplements herbal medicine homeopathy aromatherapy Chinese medicine hydrotherapy bodywork natural hormones and other natural cures in addition to nutritional advice Comprehensive reference of natural remedies for almost 200 common health ailments organized by problem from A to Z This revised edition features scores of new supplements and many new conditions Up to date information reflecting the latest natural health research and treatment recommendations Clear authoritative guidance on dietary changes healing foods nutritional supplements and recommended tests Down to earth descriptions of each health problem and natural remedy If you and your family want to get better naturally Prescription for

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