



Natural Healing Wisdom & Know How: Useful Practices, Recipes, and Formulas for a Lifetime of Health

Amy Rost (Compilation)

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Natural Healing Wisdom & Know-How gathers useful and fascinating information on every practice of natural health and healing in one handy volume. The chapters here are organized by topic, including herbal healing, naturopathy, homeopathy, Eastern medicine, energy healing, mind-body healing, and healing with foods. Information within these chapters includes various methods and techniques for managing and curing hundreds of ailments, as well as for maintaining a healthy constitution year-round.

The content is culled from dozens of the most respected books and authors on the topics of natural and alternative health and healing. A special index of ailments and symptoms appears at the front of the book to guide readers to useful methods and techniques for managing specific issues and problems. Included are hundreds of black-and-white illustrations and photographs as well as lists, tables, resources, and step-by-step instructions.

Natural Healing Wisdom & Know-How is one of the most comprehensive resources available, offering information about and treatment for hundreds of ailments and covering nearly every aspect of natural and alternative healing.

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Sarah says

Changed the way I care for myself...for the better!

Robin says

I would recommend this book to any healers, people interested in self-sustainability, or people who are interested in the dozens of areas this book covers, from acupressure to yoga, color zone therapy to self-hypnosis. The book's 496 pages contain a startling amount of information in, yes, small print. Old-fashioned format, selections culled from a variety of other sources, could easily lead to a more in-depth study of any of the areas. One of the aspects I most appreciated was the emphasis on practicality for self-healing.

Faith Edwards says

This a great book for natural healing this book has great recipes and formulas

Ocean says

this book is HUGE, i just got it, but it seems like a pretty indespensible resource. it's designed very appealingly and some of the articles are surprisingly hilarious. hooray!

Karla says

One will always be reading and referencing this text if interested in alternate healing methods and techniques.

Jake says

BIG book!

Stacy says

Yet another book added to my 'to buy' list. Excellent info on multiple types on natural healing and potential to be a great resource in my library.

Erik says

I love these books

Kendra says

Another excellent book along the same lines as Country Wisdom and Know-How and Garden Wisdom and Know-How. Tons of interesting and useful information.
