



The Natural Remedy Bible

John Lust, Michael Tierra

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Fully revised and updated by Michael Tierra -- one of the nation's leading authorities on natural treatments for healthful living

The Natural Remedy Bible will help you work with nature to restore and maintain the gift of good health -- naturally. In this comprehensive, easy-to-use guide you'll find:

- *An alphabetical listing of over 200 common illnesses*, fully defined and described with symptoms and causes
- *Prescribed natural methods of treatment*, including herbal remedies, water therapy, exercise, vitamins, and nutritional foods for successful healing
- *Step-by-step instructions for proper methods of application*, from baths and herbal additives to compresses and facial packs
- *A complete dictionary of resources*: food, herbs, even health and beauty aids

...and much more in this invaluable reference that makes healing a natural, harmonious process -- and puts you on the path toward lifelong well-being.

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