



## The Complete Guide to Natural Healing

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# The Complete Guide to Natural Healing

## The Complete Guide to Natural Healing

This new and unique reference series is for people who regard the healing properties of nature as a practical alternative and complement to orthodox medicine. You'll discover nature's popular remedies—from healing plant and their applications to essential oils and alternative therapies—divided into distinct categories and presented on beautifully detailed cards. The series provides a comprehensive guide to the best methods of quick, gentle diagnosis and treatment of the most common health conditions, including "do-it-yourself" recipes, tips, and step-by-step measures that instruct on both ancient and new methods of responsible self-medication.

Contents:

1. Medicinal Plants
2. Therapeutic Teas
3. Aromatherapy
4. Floral Essences
5. Homeopathy
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