



# **Natural Remedies: Achieve Excellent Health And Discover Beauty Secrets And Herbal Remedies (natural antibiotics, essential oils, herbal medicine)**

*M. Clarkshire*

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### **BOOK #1 PREVIEW**

This book will show you how to grow your own herbs in the simplest and easiest way possible, even if you live in an apartment, and how to use them to cure various ailments. While commercially available medicines work just fine, with herbal medicines, you can save money and be sure that what you are using is absolutely safe and natural.

### **BOOK #2 PREVIEW**

Common herbs and spices can help ward off chronic illnesses like cold, flu, digestive problems and even high blood pressure. Most people use herbs and plants as seasoning to their dishes. While this has its own advantage, herbs also have very potent medicinal value.

### **BOOK #3 PREVIEW**

The world is full of people that just take medicine at every minute sign of sickness. Doctors prescribe antibiotics after a 5 minute check-up because your symptoms could possibly need antibiotics for treatment. Aspirin has become a regular part of most people's diets. One in the morning, one at night. If you are feeling a little lively that day, one at lunch.

### **BOOK #4 PREVIEW**

In this modern age, there are few things as important as managing our health in the most healing and beneficial way possible. The problem arises when we flush chemical, man-made antibiotics into our bodies to try and get rid of infections and other problematic issues our bodies face. If we don't take care of ourselves and take a lot of preventative measures, we have to resort to high-functioning chemicals that not only kill the bad bacteria in our bodies, but also the good bacteria that helps us to stay healthy.

## **BOOK #5 PREVIEW**

Healing with essential oils isn't something that is commonly considered possible. Although it seems like it is unlikely to work and wouldn't be something the typical scientist would recommend to treat any ailments, ancient people have been using oils for at least as long as the Biblical days in order to uplift the body and heal the spirit. All of the general uses of essential oils seem to be lost on modern medicine, but there are people today who are more than willing to share their insight on the healing benefits of ancient essential oils.

## **BOOK #6 PREVIEW**

I am tired of relying on pharmaceuticals and chemicals to deal with every day common illness, from a cold to a headache to high blood pressure. Every medication we use, no matter how common or well-researched, comes with intended and unintended effects. Some of these effects, such as the intended effects, are desired, like pain relief when taking pain relief medication. The problem is the unintended effects these medications cause in the body. I am not a doctor or a pharmacist, but I tend to rely on my common sense.

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### **From reader reviews:**

#### **Helen Johnson:**

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#### **Ollie Waymire:**

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#### **Glen Bass:**

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#### **Florinda Redfern:**

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