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## Holistic Woman's Herbal: How to Achieve Health and Well-Being at Any Age

By Campion, Kitty

Tuttle Publishing. PAPERBACK. Book Condition: New.

1885203373 Feed My Sheep Books: A Family Ministry, Competing For YHWH Online Since 2001. Support the Assembly Before Buying Big Box-store Books. We Shrink Wrap & Carefully Package Your Order & Quickly Ship It. - Jer. 3:15 - And I shall give you shepherds according to My heart, and they shall feed you with knowledge and understanding. - This self-help text for women offers natural strategies for combatting the physical and emotional stresses of modern life. It explores the whole care of mind, body and spirit and offers herbal treatment plans for a comprehensive range of physical ailments and emotional crises. The book provides specific recommendations for using herbs to protect you and your family from pollution. It emphasizes preventative medicine, explaining how women in good health can stay that way. The book also shows how to choose herbal remedies from chemists or health food shops, as well as how to prepare your own. This text should be useful for women of all ages, from childhood through to old age, but particularly for times of hormonal upheaval - puberty, the menstrual cycle, pregnancy, menopause and ageing.



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