



## Make Your Own Herbal Medicine: A Practical Guide on Herbs and How to Create Simple & Effective Herbal Cures (Paperback)

By Nancy Johnson

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Herbs have been used for thousands of years to cure all types of ailments from common cold to serious infections. Every culture and country has used herbs for their own therapeutic purposes. However, after the development of conventional antibiotics and drugs, the use of herbs has drastically reduced. Most people want quick fix and opt for fast acting medicine, but conventional medicine has its own disadvantage. Aside from being very expensive, it may also contain chemicals and artificial ingredients that are toxic to the body when used for a long time. Herbal medicines, on the other hand, stimulate the body's own defense mechanism, instead of bypassing its natural function. Herbal medicine aims to treat the main cause of the disease instead of just stopping the symptoms. While you might not feel its effect immediately, herbs are also very potent and effective especially if you follow a healthy lifestyle. You can use herbs to prevent and cure almost any disease. All you have to do is to harness its power and use it correctly. Most herbs have rare...



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*This publication is definitely worth buying. It is written in straightforward words rather than difficult to understand. You are going to like how the writer composes this publication.*

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