# **NATURAL HEALING REMEDIES**



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## Holistic Medicine What It Is Treatments Philosophy and

Holistic medicine is a form of healing that considers the whole person -- body, mind, spirit, and emotions -- in the quest for optimal health and wellness. According to the holistic medicine

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#### Nature's Healing Remedies Searching the World for Remedies

Nature's Healing Remedies - Searching the World for Remedies that Work. Herbal tinctures, mixtures, teas, and other natural herbal products, nutritional supplements, and tools for Wellness and Self-Improvement.

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#### 75 Safe and Effective Herbal Remedies Mother Earth News

75 Safe and Effective Herbal Remedies Used correctly, herbal remedies can be a safer, less expensive alternative to pharmaceuticals. Doctors have begun to recognize their treatment value.

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#### **Home Remedies and Natural Cures for Common Illnesses**

Home remedies, natural cures and information on causes, symptoms and diet conditions for common ailments and diseases. Also provides information on health benefits from common ingredients like honey, garlic, aloe vera and many others.

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### Home Remedies A Z HowStuffWorks

Home remedies have become increasingly popular as the expense and hassle of conventional medicine continues to rise. Beyond the convenience, home remedies have found favor with a public that wants to take a more holistic approach to its ailments.

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#### **Annies Remedy Herbs for Self Healing**

Annies Remedy A-Z Medicinal Herb Chart contains information on hundreds of traditional medicinal herbs and plants, yet it is still only a tiny fraction of the natural plants used for healing worldwide. The focus is for the most part on Western herbs though there is a sampling on the most popular herbs from the herbal traditions of China and Ayurveda as well as other cultures.

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## **Natural Healing Natural Health 365**

Sharon Thomas, staff writer December 21, 2018 Natural Healing, Natural Personal Care Leave a comment (NaturalHealth365) According to the U.S. Centers for Disease Control and Prevention (CDC), the typical adult will catch the common cold about 2 to 3 times per year.

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#### Natural Remedies for Colds Flu To Help Recover Faster

Fortunately, it is possible to protect against some cases of illness with natural remedies that boost the body s amazing natural immune system. Even once an illness has struck, there are things a mom (or dad) can do to get

the family back on track.

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#### **Natural Treatments Dr Axe**

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# Natural Health Remedies An A Z handbook with natural

Finding a natural health reference book written from a Christian perspective can be a challenge -until now. Janet Maccaro presents a "self-care manual" of remedies for conditions from acne to zoonosis, and she shows readers the healthiest foods, herbs, vitamins, and minerals for good health.

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