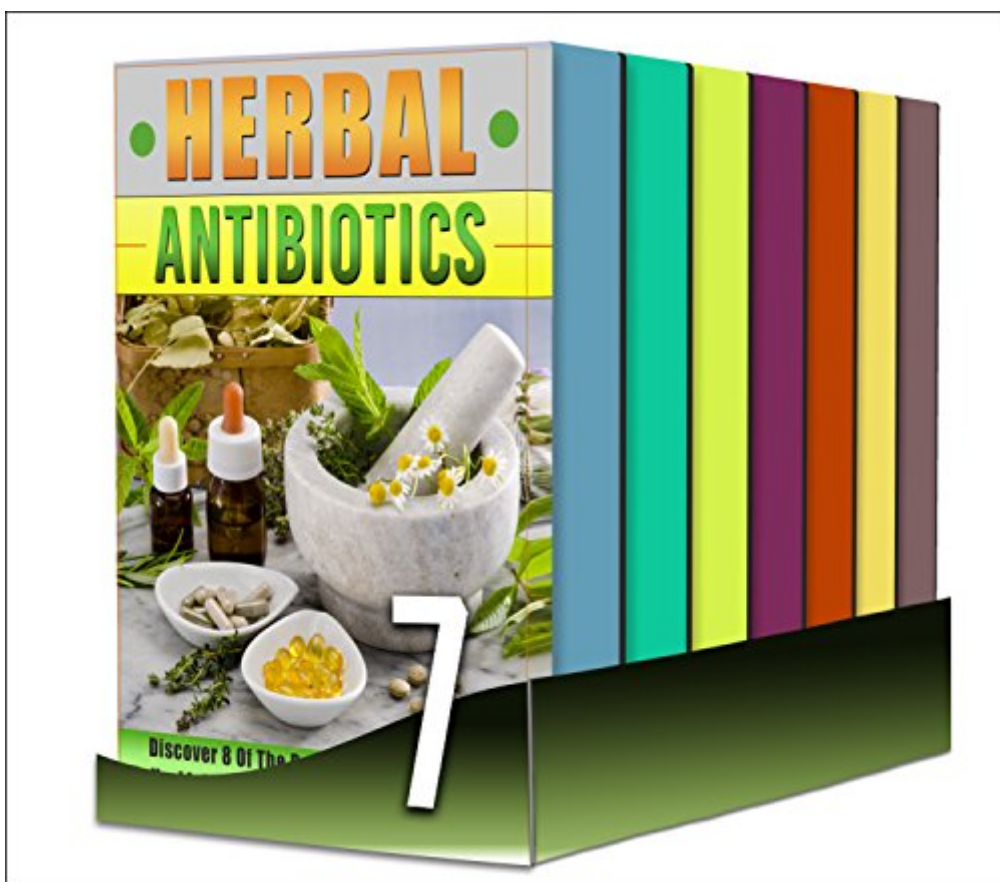


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# Alternative Remedies For Beginner's: A Beginner's Guide To Learning About All Of The Other Options Used To Heal And Treating Ailments Naturally



## Synopsis

DISCOVER:: A Beginner's Guide To Learning About All Of The Other Options Used To Heal And Treating Ailments Naturally

BOOK #1 PREVIEW Herbal Medicine Despite the continuous doubts and criticisms on herbal medicines among mainstream medical practitioners, the fact remains that doctors derive most of the common drugs that they prescribe today from plant-based sources. These natural organic herbs are proven safe and effective. Additionally, we will also tell you how to prepare these herbs to treat body infections and cure many types of diseases.

BOOK #2 PREVIEW There is endless wisdom in the medicinal practices of ancient civilizations. People who didn't have the opportunity to rely on modern technology were not capable of the same chances at longevity and health that we are in modern times. However, it is important to remember that the drugs we are using now are still in their infancy, and may come with more problems than solutions in some cases.

BOOK #3 PREVIEW Have you ever used herbal remedies? There are many out there, and there are even magical herbs that can completely change your life. For some, herbal remedies are the way many conditions are alleviated, even cured in a sense. If you've ever thought about getting the most out of your herbal remedies, now is the time to do so. This book will give you everything that you need to know about herbal remedies. You'll learn of the nine best out there, how to use them, and also if they are safe, including a few precautions to take when you're trying to use these amazing herbal remedies. So what are you waiting for? It's time to learn about the amazing and almost mind-blowing herbal remedies that are out there.

BOOK #4 PREVIEW Collecting honey is a very old activity which has been done for at least 8,000 years as evidenced by cave paintings in Valencia, Spain. The oldest honey ever found was in Georgia and it was dated 5,500 years ago. During those times in Georgia, honey was entombed with the dead for their journey into their afterlife. During the ancient times in Egypt, honey was used in preparing cakes, biscuits and various dishes. They also offered it to their fertility god, Min. It was also used to embalm the dead of the ancient Egyptians and other ancient peoples of the Middle East.

BOOK #5 PREVIEW Spices have been around for centuries and are commonly used to flavor food. You use recipes many times that require these spices, but did you know that they do more than just make your food palatable? These spices can do a lot of good for the body, and it can help you with many different conditions that you might have. Spices have been used for a long time because of their natural health benefits, and that's why they've been a common thing in many people's diets.

BOOK #6 PREVIEW Garlic and basil are one of the winning combinations when it comes to preparing a culinary masterpiece. It's particularly common in Italian dishes, where it adds plentiful savory flavors to each meal. Fortunately, garlic and basil are not just delicious together, they are

also incredibly healthy! That's not to say that all Italian food is known for its health benefits, but putting these two herbs together is definitely a great idea.

## Book Information

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