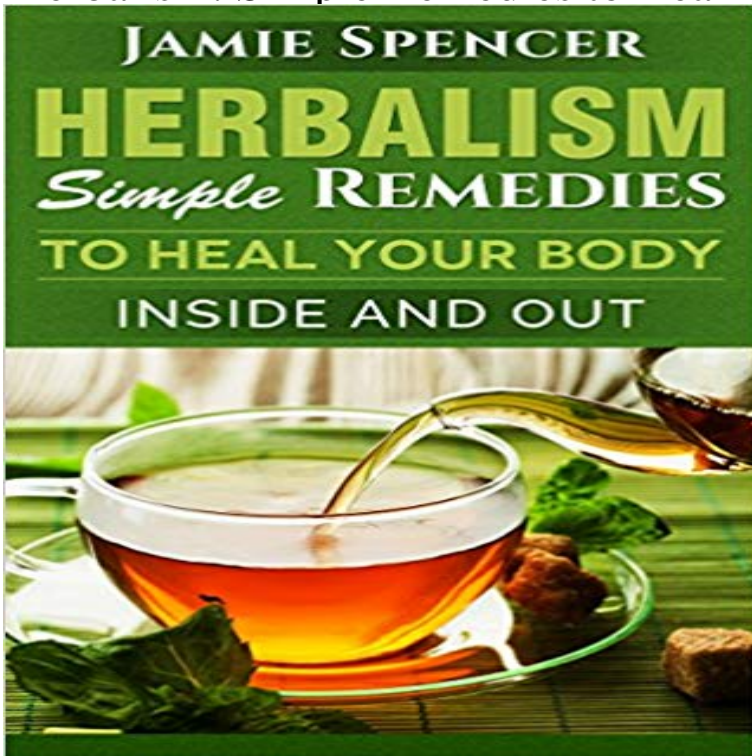


Herbalism: Simple Remedies to Heal Your Body Inside and Out



The true health and medicinal properties of herbs are at their most potent when used in their natural, unprocessed state, just the way they are found in the wilderness. Herbalism Simple Remedies to Heal Your Body Inside and Out focuses on the medicinal uses of natural herbs for common illnesses and overall well-being. You will learn about some of the most commonly found herbs, their uses, how to safely prepare them for consumption or external use and create your own herb garden. By incorporating more use of natural herbal solutions in your life, you will: Save more money from less frequent visits to the doctor or pharmacy, Safe yourself from the unpleasant side effects of drugs and Reduce the amount of chemicals you come in contact with when using hygiene products. Generally, you can look forward to a pleasant and less chemically-saturated household environment, which will have an immense impact on your overall health.

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Hippocrates was very intuitive when he said, Let medicine be your food, and food be your medicine and tone our bodies, but they can also provide benefits of comfort, relaxation, and healing We practice keeping things simple by exploring one herb at a time. **Herbalism: Simple Remedies to Heal Your Body Inside and Out** Description: In this class you will learn traditional herbs to calm your mind, open your senses and aide your journey into the You can check them out here <https://eyesuncloudedmusic/> . The Herbal Treatment of Auto-Immune Diseases Plant Whisperers and the Magic Yes/No Meter Inside Your Body **Be Your Own Herbalist: Essential Herbs for Health, Beauty, and** Other Books by Dr. Michelle Schoffro Cook Boost Your Brain Power in 60 The Probiotic Promise: Simple Steps to Heal Your Body from the Inside Out (Da Medical Herbalism: The Science and Practice of Herbal Medicine (Healing Arts