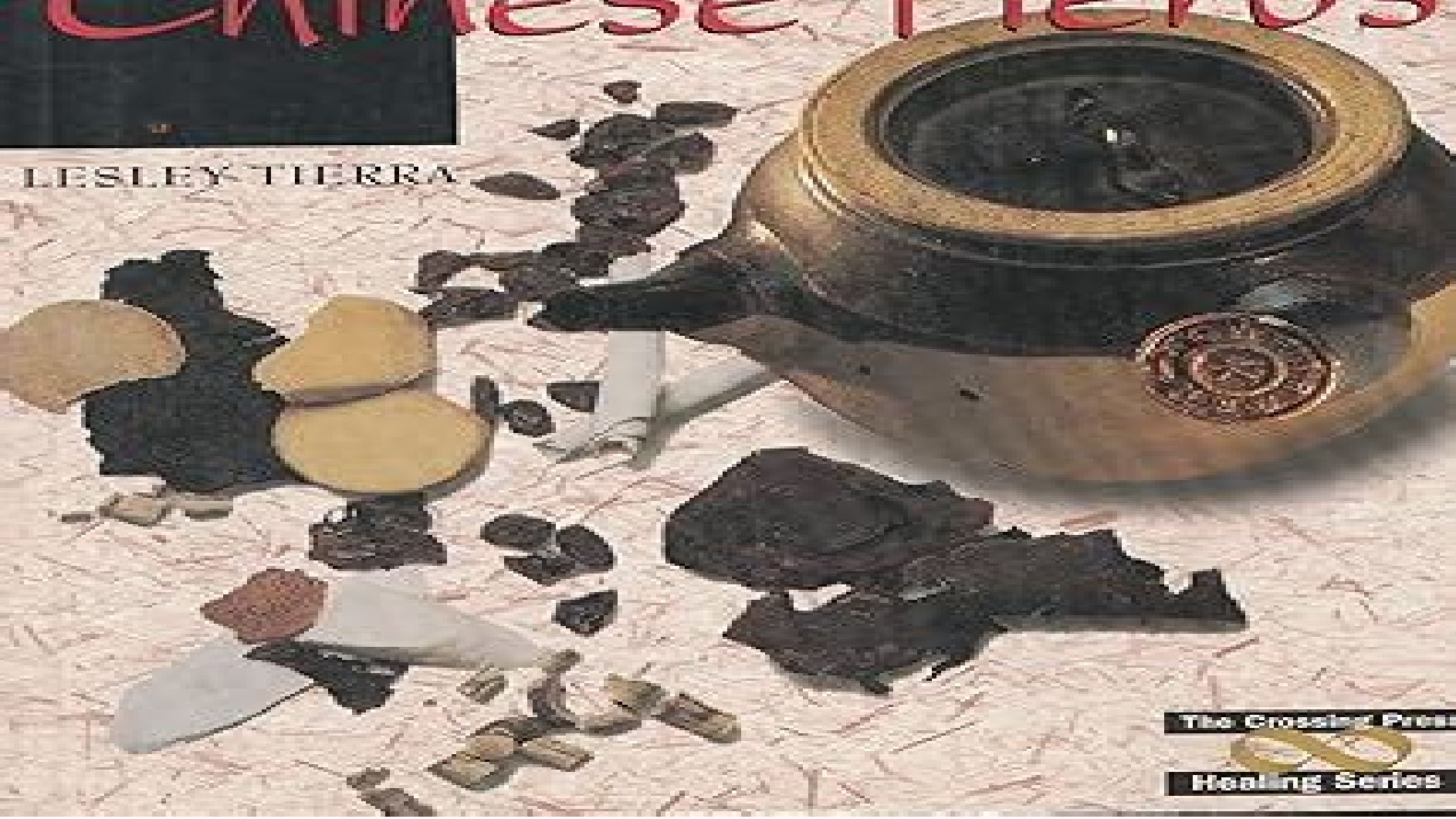


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Peter Theiss share their knowledge as parents and their professional experience in naturopathy pharmacology and herbalism to show how herbal medicine is the safest and most reliable method to care for most of your family s health needs Includes chapters on healing herbs emergency first aid and growing your own herb garden     **Metaphor-Phosis: Transform Your Stories from Pain to Power** Lesley Tierra,2012-09-19 Do the same things happen to you over and over Do people treat you in similar ways Do you feel stuck in repeating negative patterns Hidden subconscious stories have a way of creating lots of drama blame and distractions They also drain your energy and keep you from experiencing the life you want So how do you stop such cyclical patterns and free yourself from the past To truly change your outer life its necessary to first shift your inner life Through a complete toolbox that takes you beyond mere psychological tricks and into the dimension of Spirit Metaphor phosis helps you harness the extraordinary power within to transform your life My own journey in self healing and helping others heal has taught me that whether you want to improve your life or make major changes the magic key lies in discovering your limiting subconscious patterns and diffusing their energy so when you focus on what you desire instead theres nothing in the way to block its manifestation Metaphor phosis helps you do just that catalyzes a potent shift so you emerge a different person It teaches how to Discover your limiting stories Unhook from subconscious patterns and beliefs Determine your lifes purpose Manifest your dreams and visions Through a blend of personal story scientific facts practical teachings and effective tools learn how to clear repetitive experiences heal wounds and create a freer more fulfilling life Come explore your unique inner treasures to shift your stories from limitation and imprisonment to possibility and freedom

**Energetic Herbalism** Kat Maier,2021-11-26 Nautilus Book Award Gold Medal Winner Health Healing Wellness In this indispensable new resource both for the home apothecary and clinical practitioners a celebrated herbalist brings alive the elemental relationships among traditional healing practices ecological stewardship and essential plant medicines By honoring ancient wisdom and presenting it in an innovative way Energetic Herbalism is a profound and practical guide to family and community care for those seeking to move beyond symptom relief and into a truly holistic framework of health Throughout author Kat Maier invites readers to explore their personal relationships with plants and their environs as they discover diverse models of healing Inside Energetic Herbalism you ll find The elements and patterns of Ayurvedic doshas for greater self awareness as well as positive lifestyle choices A deep appreciation of the wisdom of indigenous peoples which is the foundation of sacred plant traditions The relationship of well being to the seasons through the brilliant lens of Chinese Five Element Theory and how our emotional health is beautifully expressed through the Elements The roots and evolution of Vitalism the traditional Western system of energetic medicine How to assess imbalances in the body using the elegant and intuitive vocabulary of the six tissue states an emerging tool in Western herbalism The senses as the main tools for navigating through energetic herbalism Through the rich herbal tradition of storytelling Maier seamlessly blends theory and practice with her experience tested herbal remedies and healing protocols Maier stresses the critical message of how to

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**The Natural Health Guide to Headache Relief** Paula Maas, Deborah Mitchell, 1997 Unsurpassed in scope and effectiveness this is a unique and comprehensive collection of natural headache remedies that will help sufferers discover how to identify the headache type and explore a wealth of soothing therapies that can be used alone or in combination with conventional medical care

**Total Health the Chinese Way** Esther Ting Dr., Marianne Jas, 2009-11-03 An accessible reference by an established Traditional Chinese Medicine practitioner counsels readers on how to achieve lasting health without surgery or drugs introducing the body's five primary power centers while including coverage of acupuncture and herbal remedies

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Mars,2014-11-01 Detailed description of more than 180 herbs with a broad range of information on each including historical and current medical uses edible properties natural range and more      **Adaptogens** David Winston,Steven

Maimes,2007-03-22 Adaptogens help the body to adapt to the many health challenges it encounters particularly stress They increase stamina and counter the effects of aging and thus are becoming important tools in sports medicine and in the prevention and treatment of chronic fatigue and related disorders The authors explain how they work and why they are so effective at combating stress induced illness      **Simple and Natural Herbal Living - An Earth Lodge Guide to Holistic**

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*Addiction-Free Naturally* Brigitte Mars,2020-10-20 A guide to designing a personal program to break your addictions safely gently and naturally Shares herbs supplements natural remedies and alternative practices that can help liberate you from habitual substance use ease the withdrawal period cleanse the body of toxins and combat depression anxiety fatigue and stress Offers specific advice and remedies for individual addictive substances and behaviors including sugar caffeine alcohol opioids tobacco and tranquilizers Explores the potential of psychedelic therapy for overcoming addiction and addresses how cannabis can be of benefit for recovery without being misused Addiction affects more people than any other disease Breaking a habit can be daunting it s hard to know where to begin beyond quitting cold turkey But just as habits can be acquired they can be broken Others have done it and so can you In this holistic guide to beating addiction Brigitte Mars details how to replace negative habits and behaviors with positive healthy ones and safely support your body mind and spirit for a successful recovery The author shares specific herbs supplements homeopathic remedies flower essences behavioral therapy and alternative practices such as meditation and yoga that can help liberate you from habitual substance use and ease the withdrawal period as well as methods for cleansing the body of toxins and healthy ways to combat depression anxiety fatigue and stress She looks in depth at individual addictive substances and behaviors including sugar caffeine

alcohol opioids tobacco and tranquilizers offering specific advice and remedies for each She shows how each technique can be used in conjunction with conventional therapies such as psychotherapy methadone or Alcoholics Anonymous Drawing on recent research she also explores the enormous potential of psychedelic therapy for overcoming addiction and with the spreading legalization of cannabis she addresses how this plant can be of benefit for recovery without being misused Offering advice on designing a personal program to break your addictions the author also shows how to use natural remedies to maintain your new energy and vitality as you walk the road to recovery     *Vegetarian Times* ,1992-09 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both



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