

Healthy at Home

Get Well and Stay Well
Without Prescriptions

The one book you
need for every
common ailment

- Proven natural remedies
- Easy-to-make recipes
- Prevention and more
for the whole family



TIERAONA LOW DOG, M.D.

Healthy At Home Get Well And Stay Well Without Prescriptions

Stephanie L. Tourles



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Acupuncture for Your Soul: A Collection of Life-Changing Aha! Moments Rae Jacob, 2015-11-26 Acupuncture for Your Soul is a gift of uplifting amazing moments of connection to know that whatever we feel whatever our personal experience may be that we are not alone We are all interconnected The purpose of these heartfelt honest stories is to offer empowerment encouragement consolation inspiration laughter love and the motivation courage and sanctuary to write your own life changing experiences your own Acupuncture for Your Soul What are your Aha Moments

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Low Dog shows you how to separate the truly healthful from the hype Jacket **The Personalised Consultation in Aromatherapy** Annie Prince, 2025-03-21 At the heart of any client care in aromatherapy is the therapeutic relationship Nurturing a healthy and meaningful connection between a therapist and their client allows for a much more profound

contribution to the success of any aromatherapy treatment This evidence based guide provides an in depth explanation of the therapeutic alliance and why connection in a technology dominated world is so important It also offers practical guidance on how to foster a healthy relationship through active listening and somatosensory awareness Emphasis is placed on making the client feel safe and at ease and creating a bespoke practice based on flexibility awareness and understanding Supplemented with case studies and clinical evidence aromatherapists can benefit from real life examples of unique client profiles that often involve important experiences and specific needs such as menopause pregnancy trauma and anxiety **Integrative**

Gastroenterology Gerard E. Mullin, Marvin Singh, Alyssa Parian, 2019-09-27 This is a comprehensive and practical guide to understanding digestive disorders and conditions and how to approach them from a comprehensive and whole body systems approach *The Practical Herbal Medicine Handbook* Althea Press, 2014-11-30 Harness the healing powers of herbal medicine with this handy reference guide for beginners Learn how to grow your own herbs and make plant based remedies with the definitive guide to herbal wellness This herb remedies handbook teaches you to make your own natural medicines with over 100 DIY herbal treatments a directory of over 44 healing herbs and photo illustrated step by step techniques Learn to practice herbal medicine at home with this ultimate book of herbs and their uses Inside you ll find A searchable index of herbs their uses properties and other useful notes Treatments for preventative care for seasonal allergies common ailments like acid reflux and mental health concerns like anxiety Tips to work around common mistakes and debunk common misconceptions Step by step techniques for buying growing and making herbal medicine Make your own powerful herbal medicines with *The Practical Herbal Medicine Handbook* *Alchemy of Herbs* Rosalee de la Forêt, 2017-04-04 Did you know there s a powerful herbal medicine chest in your kitchen Imagine being prepared for that next cold scrape headache digestive issue stressful day or sleepless night with simple ingredients from your cupboard Instead of pills reach for Cinnamon Tea to soothe your throat Garlic Hummus to support your immune system Ginger Lemon Tea for cold and flu symptoms Cayenne Salve to relieve sore muscles Cardamom Chocolate Mousse Cake for heart health A glass of Spiced Cold Brew Coffee as a powerful antioxidant *Alchemy of Herbs* will show you how to transform common ingredients into foods and remedies that heal What were once everyday flavorings will become your personal kitchen apothecary While using herbs can often seem complicated or costly this book offers a way to learn that s as simple and inexpensive as cooking dinner With the guidance of herbalist Rosalee de la For t you ll understand how to match the properties of each plant to your own unique needs for a truly personalized approach to health for you and your family In addition to offering dozens of inspiring recipes Rosalee examines the history and modern day use of 29 popular herbs supporting their healing properties with both scientific studies and in depth research into herbal energetics Grow your knowledge of healing herbs and spices and start using nature s pharmacy to feed heal and nurture your whole family *National Geographic Complete Guide to Herbs and Spices* Nancy J. Hajeski, 2016-03 Offers everything you need to know about how herbs and spices can enhance your cooking and improve

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In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Healthy At Home Get Well And Stay Well Without Prescriptions**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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