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Dr. Sebi was the powerful herbalist who developed the Dr. Sebi Nutritional Guide and the Dr. Sebi African Bio Mineral Balance so as to cure and reverse diseases in all individuals. Dr. Sebi did a thorough analysis and research of all the herbs in Africa, Caribbean, South America, Central and North America and developed a technique that would not show the presence of disease and sickness but will destroy the illness. Dr. Sebi's principles depend on providing the body with wonderful foods, herbs, products from the Dr. Sebi Nutritional Guide at the same time maintaining the right pH balance in the blood which helps to maintain and promote homeostasis of the organs all through the body. Dr. Sebi's principles center around the expulsion of pathogenic, acidic and harmful loaded dairy, meat, and foods which protect the mucous layer and also ensure that all vital organs all through the body are protected to prevent the appearance and occurrence of different sickness such as disease, heart ailments, and diabetes. If you desire an effective and natural way to manage Pneumonia or you are sick and tired of modern western Pneumonia medication that do not work at all? If you are searching for a natural way to manage Pneumonia as well as improve your overall health? Not to worry. Dr. Sebi developed a revolutionary but natural way to treat complications of candida, in his many years of healing practice. Dr. Sebi managed to maximize the power of different herbs and this made his supporters to live a very full life at the same time avoiding negative symptoms. In this guide, you will learn simple but effective ways to naturally cure and manage candida. In this guide you will learn everything you need to know in addition to Dr. Sebi's diet with an extensive list of herbs, products, foods, diets, recipes to cure Pneumonia. Get your copy today by scrolling up and clicking Buy Now to get your copy today. Originally published in the early 1900s. "It is the author's desire to teach his female readers how to be healthy, because there can be no beauty without health." The book is crammed with advice to this effect. Contents Include: Common Sense about Food - Fresh Air - Pure Water - A Beauty bath - Exercise - Recreations - Beauty's Toilet - Sleep and Sleeplessness - Indigestion - Colds and Their Cures - Specialities for Health and Beauty - Recipes for Health and Beauty - Teeth and hair - Uses of the Skin etc etc. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. Home Farm Books are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork. This book provides the most natural way to cure diabetes. You have tried everything and have been disappointed numerous times? Your skin shows blemishes, eczemas and seems loose or ill? Many modern beauty products - whether expensive or cheap - inflict lasting damage on your skin. Ayurveda - the ancient school of health and well-being knows a solution. Become healthy and happy. Anand Gupta - expert for ayurvedic medicine - shows you how. This caring, authoritative guide, written by a team of licensed natural health practitioners, tells you about the safe, alternative therapies that dramatically reduce or completely end chronic pain. And they work where conventional medicine has failed. Find out about: • The safe herb that can stop arthritic joint pain • Acupuncture to curtail lower back pain • Chiropractic treatments to end migraines • Biofeedback as the preferred cure for TMJ pain • The common spice in a pain-relieving compress for neuralgia • A safer, natural form of aspirin • Acupuncture as excellent therapy for bone breaks and muscle injuries And much more, including which pain clinic methods work and which don't, and how to locate a reputable professional to help you. Learn to figure paint in watercolor with a world-renowned instructor! The Natural Way to Paint will teach you a natural approach to seeing and painting the human form in watercolor. By learning to carefully observe and capture the basic shapes and subtle nuances in human figures, you'll be able to infuse your work with newfound life and energy. Reid begins with lessons and practical exercises in contour and gesture drawing, which will help you learn to see and capture the essence of your subject. Once you've established a strong foundation of drawing skills, it's time to pick up your brush! Reid will guide you through detailed lessons on: * Painting technique and color theory * Moving from silhouettes to three-dimensional forms * Capturing and rendering facial features * Composing and designing a variety of figure paintings Packed with examples, demonstrations, and detailed assignments, The Natural Way to Paint is the ultimate guide to beautiful figure painting in watercolor. This title tells the story of how and why the Omega 3 and Omega 6 fatty acids contained in fish oil and evening primrose oil are so extraordinarily effective. It also shows us how we can incorporate this natural supplement into a healthy lifestyle and diet to enjoy its benefits ourselves. power to treat depression successfully. Just as more and more people are embracing a more natural approach to their own health and well-being, many horse owners are turning to ways they can use natural therapies with their horses. The Natural Way to Draw - A Working Plan for Art Study contains a classic guide to drawing people, offering instructions and tips for drawing different poses and body types. It is split into sixty-four easy exercises covering such subjects as: - Contour and Gesture - The Study of Drapery - Light and Shade - Studies of Structure - Analysis through Design - Exercises in Black and White Oil Colour With simple, step-by-step instructions and many helpful diagrams, this is a book that will be of considerable utility to anyone wishing to learn how to draw. Many vintage books such as this are increasingly scarce and expensive. It is with this in mind that we are republishing this volume now in an affordable, modern, high-quality edition complete with a specially-commissioned new introduction on illustration. For prevention and healing—a holistic approach to the mind-body connection Is stress affecting your blood pressure, immune system, and overall health? Do you suffer from occasional anxiety, fears, sleepless nights, or depression? Do you worry about the side effects of tranquilizers and other drugs? Now you can take charge of your emotional and mental well-being with natural therapies that help you heal and stay well. This authoritative, caring guide—written by a team of licensed natural health practitioners—brings you holistic treatments for specific problems, without risks, side effects, or invasive techniques. Find out about: • Yintang, the acupuncture point for relieving tension headaches and eyestrain • Homeopathic remedies for grief, worry, disappointment, shock, and headaches that accompany anger or sorrow • Herbal bath preparations for stress • Yoga postures that reduce anxiety • Effective "nervines," or herbal tranquilizers • Essential oils for massage and bath that alleviate depression . . . and much more, including advice on how to locate a reputable professional to help you. Isn't it time you put your asthma inhaler away once and for all? It's no secret that asthma ruins millions of people's lives all over the world. Whether that's the person who suffers from asthma themselves, of the people that surround them. So many people view their lives through their asthma and because of this, miss out on so many things. Fear of exercising, fear of going outside, fear of leaving home without their inhaler, all these things are utmost in most asthma sufferer's minds. Wouldn't it be great to be back in control of your asthma? Inside "Beating Asthma - How To Cure Asthma Naturally Fast And Forever" you're about to discover... - The number one mistake all asthma sufferers make, and why it affects their asthma. - How to minimize your chance of an asthma attack in less than a minute. - The truth about asthma and dairy products, are they worth avoiding? Find out inside. - The best foodstuffs to eat to reduce your chance of asthma attacks, and why? - How and why our modern lifestyles are affecting our health and how to turn it around. - The side effects of asthma medications that your doctor doesn't want you to know about. - And much, much, more. Forget everything you know and heard about asthma. Grab your copy of "Beating Asthma - How To Cure Asthma Naturally Fast And Forever," and let's work together to beat your asthma naturally, once and for all. All New Plan to Lower Cholesterol without Drugs. Music Theory A comprehensive guide to pre-conception health care for both prospective parents. Francesca Naish is a naturopath-herbalist and the author of "Natural Fertility" (just revised) as well as co-author of this series of books with Jan Roberts, who originally qualified as a pharmacist, and who has been the Australian representative for Foresight for many years. This book will be of use to health professional and prospective parents Herbal remedies are super popular in our world today, but did you know that some of them are better for you than others? Some of them can really help you with building immunity, and there are others that will help treat illnesses and conditions. Some people discount herbal remedies, but they are important, and they are used to help provide a happier, healthier body. With that being said, you should always look for different herbal remedies, and herbs that'll benefit you. If you've been curious about herbal remedies, but don't know where to begin, we've got you covered. In this book, we'll provide the six best herbs for herbal remedies. At the end, we will also have a whole section on the best ways to use these, and seven of the most popular ways to use herbal remedies so that you're getting the results that you want, and it can help you. This section will also include various cautions which should be exercised, and different aspects worth mentioning when you look at herbs and herbal remedies. If you've been curious about how to use them, but don't know when you should, then look no further. By the end of this, we will give you everything that you need to know, so if you're worried about whether this will work or not, then you should definitely look into this. Along the way, you'll read up on various aspects of this, so that you too can get the full benefits of this, and a wide array of different aspects to help you. This attractive, easy-to-read, yet comprehensive guide offers pet owners

step-by-step instructions on how to find, prepare, and use herbs to treat common pet ailments. Find natural cures for more than 170 health conditions Packed with over 170 remedies for the most common ailments, from arthritis to varicose veins, Natural Cures For Dummies will serve as your complete health advisor. This user-friendly reference arms you with information on the symptoms and the root causes of each problem along with a proven, natural, customized prescription. Whether you are looking for relief from a particular nagging ailment or simply wish to obtain optimum health, Natural Cures For Dummies gets you on track to approaching healthcare from a natural standpoint. Offers clear, expert guidance on dietary changes, healing foods, and natural supplements to treat common conditions Includes down-to-earth descriptions of health problems and the range of natural remedies that can be used to manage them Shows you how natural cures can treat over 170 of the most common ailments Demonstrates how you can dramatically boost your health and wellbeing the natural way If you're navigating the sprawling world of alternative medicine and looking for a good place to start, Natural Cures For Dummies has you covered. Tap the Power of Alternative Medicine with New Choices in Natural Healing Acupressure-- for pinpoint pain relief Aromatherapy-- relieve stress and tension Ayurveda-- a customized system of better health Flower Therapy-- heal the mind, and the body will follow Food Therapy-- the power to erase disease Herbal Therapy-- a healing partnership with Mother Nature Homeopathy-- medicines perhaps more powerful than prescriptions Hydrotherapy-- bathe yourself in natural healing Imagery-- picture yourself perfectly healthy Juice Therapy-- the curative essence of fruits and vegetables Massage-- hands-on healing for yourself and your family Reflexology-- speed restorative energy to organs and body parts Relaxation and Meditation-- achieve a higher state of health Sound Therapy-- soothe your body with music's gentle waves Vitamin and Mineral Therapy-- natural prescriptions for healing Yoga-- stretches for better health Sometimes the Christian life can seem like a never-ending checklist; a faith based on duty, effort and achievement rather than the good news of grace. What if following Jesus could be like a reflex, as natural as blinking? Whether you've been a Christian for thirty minutes or thirty years; whether you're burned out on religion or you simply want to grow in your faith, Reflex is an invitation to tear up your spiritual to-do list and rediscover a Jesus-patterned way of living. Learn how to live a life of freedom and fruitfulness that not only impacts your own life but transforms the world around you. An established guide to drawing the natural way, by an American art teacher who died in 1938. In a specific course of exercises, students are advised to forget technique and concentrate on the object before them. Herbs for Pets, by herbalists and holistic experts Gregory L. Tilford and Mary L. Wulff, is the bible for all pet owners looking to enhance their companion animals' lives through natural therapies. Now in its second revised edition, Herbs for Pets is an indispensable resource, an exhaustive compendium of medicinal plants and natural remedies that hosts an illustrated tour through Western, ayurvedic, and Chinese herbs that grow in North America, including their holistic applications and contraindications, and alternative approaches to treating a wide range of ailments. Remedies in the book are applicable to dogs and cats, as well as birds, small mammals, and even farm animals. The book is organized into three chapters, the first is dedicated to the "Principles and Practices of Herbalism," discussing the many facets of herbs, concerns about toxicity, basic herbal preparation, the ethical use of herbs, the connection between herbs and diet, and using herbs as dietary supplements. Chapter 2, titled "Materia Medica: An A-Z Guide to Herbs for Animals," is an exhaustive 150-page section presenting color photographs and text about the appearance, habitat and range, cycle and bloom season, parts used, primary medicinal activities, strongest affinities, common uses, availability, propagation and harvest, alternatives and adjuncts, and cautions and comments for 65 different herbs (from Alfalfa to Yucca!). The common uses section is extensive for each herb, discussing the nutrient value, various qualities, and ways in which the herb is used for specific treatments. The third chapter of the book is titled "An Herbal Repertory for Animals: Ailments and Treatments" and details remedies for the following: anxiety, nervousness, and behavioral problems; arthritis and hip dysplasia; cancer; cardiovascular problems; digestive system problems; ear problems; elderly animal care; endocrine system and related problems; epilepsy, convulsions, and seizures; eye problems; first aid, immune system care; mouth and nose problems; parasite-related problems; pregnancy and lactation; skin problems; and urinary problems. The authors share over two dozen herbal remedies for various ailments, from asthma and pneumonia to constipation and eye cleaner. A glossary of over 200 terms is included, as are references and a comprehensive index. . This is a complete, easy-to-follow guide to pre-conception health care for parents who want to give their children the best possible start in life. It also claims that "pre-conception care" has an 80% success rate in treating infertility. As more and more people are choosing natural medicine for themselves, they are also seeking it for their pets. This book tells you everything you need to know about natural health care for dogs and cats, including: ·How to make a fresh, balanced natural diet for your pet ·How natural medicine works and why you should choose to use it ·Which treatments and remedies are available for animals ·Which conditions respond best to which treatments ·Using herbs , food supplements and natural remedies for specific ailments ·How to treat a variety of common complaints safely and effectively at home ·What to include in a natural first-aid kit ·Where to find a practitioner to treat your pet ·How to give your pet a healthier, happier, and longer life Filled with practical help, The Natural Way for Dogs and Cats details simple and effective cures for a variety of common complaints. From skin problems and arthritis, to behavioral problems and digestive disorders, this book will help you chose the most effective treatment or remedy for your pet. It describes in detail the major holistic treatments for animals, including acupuncture, herbs, aromatherapy, chiropractic, flower remedies, healing, homeopathy, and nutrition. If you're looking for healthy alternatives to commercial pet foods, drugs or surgery, but do not know where to start, this inspirational book is for you – and your pet! The nature has all the cure of all our health problems. The natural nutritional supplements have greater power and strength to boost our immune system and provide support to our bones and muscles. An approach to drawing technique based on observation covering contour and gesture, model drawing, memory in ink and watercolor; anatomy study, drapery, shade, structure, and other topics in drawing. Are you worried about that persistent high blood pressure problem and looking for a final way to lower and maintain it? Are you fed up with the prescription drugs you take on a daily basis without seeing a significant change? If you answered yes to these questions, then I congratulate you because the solution you need is right before you. The solution is this book: "Natural High Blood Pressure Solutions: Lower Your Blood Pressure Naturally Using Diet and Natural Remedies without Medication" High blood pressure is preventable and treatable with natural solutions. Toxic, expensive drugs with their serious side effects cannot effectively lower blood pressure. A large number of patients are still being treated through this manner and their conditions have in no way improved. Rather, they also have to deal with side effects and the high cost of maintaining these expensive drugs. These drugs simply cover up the symptoms and ultimately truncate the quality of life. The natural way to address hypertension or an elevated blood pressure it is to totally remove the poisons from the system which cause it. Diet, natural hormones, proven supplements, exercise, ending all bad habits and weekly fasting are the path to wellness. With natural medicines, diet and lifestyle, you will be able to address the core of your problems. This book has all you need to lower blood pressure with proven natural and healthy therapies. It covers a range of natural solutions with tested handy recipes. You only need to download it to see for yourself. The wealth of information contained in it will benefit you immensely! Several hundreds of years back Hippocrates, the father of medicine, said, 'Your food shall be your medicine'. This maxim holds true even today. There are several disorders that can be prevented and treated by selecting natural foods rich in minerals, vitamins, trace elements, vital nutrients and other substances that have positive medicinal and curative values. This is a no-nonsense A-Z guide to the care and feeding of your body, going to the bottom of everything you need to know about diet, health and food. The listings in this clearly written book span general categories of illnesses, food groups, and each entry recommends helpful foods, followed by those that should be avoided. The format allows easy access to information, with entries offering straightforward advice, explanations, and answers. In short, the book is an invaluable guide for better understanding of health, food and natural remedies. How to Get Rid of Asthma Naturally - Health Learning Series Table of Contents. * Introduction. Section one- Asthma - an overview. * Asthma - What is Asthma? * Symptoms - When you know it's coming... * Risk factors and Complications - Why you should bother trying to avoid asthma? Section Two- Reducing Asthma in a natural way. * Natural remedies - Who needs a doctor? Try some homemade remedies. Go green, Go for herbs. What to eat, what to avoid? Healthy life style - An effective prophylaxis. o Use air conditioner. o Change your room décor. o Reduce mold spores. o Reduce pet dander. o Cover your mouth and nose. o Stay healthy. Get regular exercise. Maintain normal weight. Eat healthy. Control heart burn. Introduction. "An estimated 22 million Americans have asthma; 6.5 million are under 18" (American College of Allergy, Asthma & Immunology) Asthma is a serious complication of respiratory track which causes symptoms like chest congestion, coughing and difficulty in breathing. "In America alone, asthma causes 4,000 deaths per year" (American College of Allergy, Asthma & Immunology) Environmental pollution and too much exposure to harmful chemicals have significantly increased the susceptibility of people getting asthma. The death toll is expected rise even further. The cost of treatment of asthma is increasing. Accept it- No one likes going to a doctor. A single visit to a doctor costs too much. "Americans spend, through direct and indirect expenses, a total of \$19.7 million each year for the treatment of asthma" (American College of Allergy, Asthma & Immunology) This book focuses on describing all the possible natural treatments of asthma. You don't have to go to great lengths to cure asthma. Sometimes, simple things in your cupboard or refrigerator can serve as homemade remedies for asthma. Another natural way is to treat asthma with herbs. Herbs are being used for the treatment of several ailments for thousands of years. But, it's an astounding fact that people consider them unsafe and difficult to use. Several experimentations have proved that herbs can cure several health conditions with virtually zero side effects. A simple change in life style can also help in curing asthma. Asthmatic attacks, in some cases, are triggered by eating certain food substances. So, having knowledge of what to eat and what to skip can actually decrease the frequency of asthmatic attacks. Section one - Asthma - an overview Asthma - What is Asthma? Asthma is a common health condition related to an immune reaction taking place in the respiratory track. It's a breathing disorder characterized by several symptoms like air way obstruction, difficulty in breathing, tightness of chest, coughing and wheezing. For most of the people asthma is not a big problem. But, in reality it can cause serious hindrance in performing routine activities. If it goes untreated, it can produce serious and life threatening conditions. Asthma is an immune reaction triggered when the respiratory track is exposed to certain irritating stimuli. Human body has got a strong immune system which protects it from the harmful effects of foreign substances like chemicals, pollutants and organisms like bacteria and viruses. An important component of this immune system is "mast cells". These cells respond to the presence of certain "antigens" and release several mediators of inflammation, in the presence of these antigens. For example, if these cells are exposed to the smoke of cigarette, they'll release several chemicals which, in turn, will start a cascade of events leading to the development of symptoms of inflammation. These mediators cause spasm in the muscles of respiratory track, increase the production of mucus and make the respiration difficult. Asthma is a combination of several environmental and genetic factors. Learn how to lower high blood pressure medication-free with simple changes to diet and exercise, combined with stress-reducing techniques. Who gets high blood pressure? Should you panic if you or someone you love develops hypertension? How can you help yourself, even if you're in a high-risk group? High blood pressure is commonly the result of an unhealthy lifestyle, and it can almost always be controlled—without debilitating medications—simply by eating the right foods, taking the proper herb and vitamin supplements, getting the correct types of exercise, and practicing such stress-reducing techniques as meditation, visualization, tai chi, and yoga. This book gives you a firm grip on all these tools. Start using them today to build yourself a healthy, circulation-friendly life.

FEATURING: • A triple-threat healing program that not only revitalizes your circulation system but also boosts your overall health • A thirty-day food regimen—ninety full menus for breakfast, lunch, and dinner, plus many recipes for delicious foods to eat as you control hypertension Are you struggling with anxiety? Are you suffering from panic attacks? Does the doctor have you on more prescriptions than you can count for? Is the medication causing you to be fatigued or scattered brained? If so, you need to discover how to deal with your anxiety disorder from natural remedies. Imagine a life with clarity free from worry and distraught. If you are looking for that, then look no further. We dive into countless natural ways to help end anxiety. Explores the mind/body connection in relation to our most critical muscle, and how keeping it strong impacts our entire lives. This 'pluralistic' medicine involves the conventional, alternative, and treatments defying classification. Naturopathy has gained significant acceptance in recent years. People are gradually realizing the long-term effects of western medicines and are now turning to natural medicines and methods to treat their ailments. This book explains the details and benefits of a variety of natural therapies, how natural food, natural elements, use of various natural therapies, the observance of the laws of nature, can allow people to overcome their diseases. This book helps you to understand naturopathy methods to overcome 85 leading causes and problems like diabetes, high blood pressure, gall bladder stones, acne, arthritis, depression, insomnia, leucoderma, heart troubles, osteoporosis, cholesterol, hair fall, weight loss, cancer, defective vision, backache, piles, obesity and pimples etc. Various methods applied for cure in naturopathy, like mud therapy, acupuncture, chromo therapy, hydrotherapy, air therapy and food therapy, have been discussed in detail in the book. The book will also serve as a useful guide for those interested in leading simple and healthy lives. Approximately two million Americans suffer from Chronic Fatigue Syndrome. Excessive muscle fatigue and impaired short-term memory and powers of concentration are just a few of its misunderstood symptoms. This "Natural Way" volume takes readers through all the choices, both orthodox and complementary--and is an essential partner for choosing the best way to treat this debilitating condition.

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