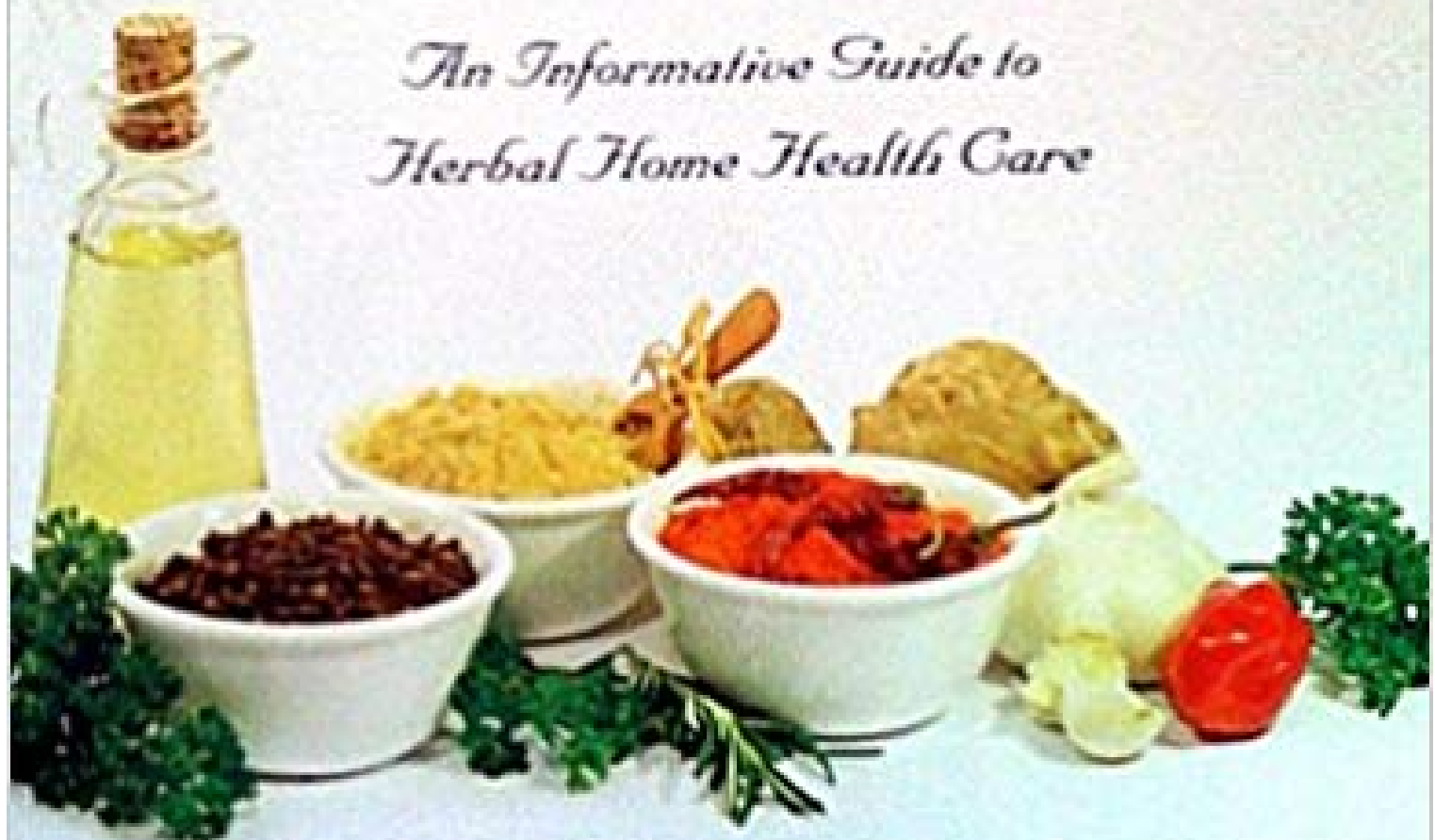


Be Your Own “Doctor”

101 Stories

*An Informative Guide to
Herbal Home Health Care*



Rachel Weaver M.H.

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An informative information to herbal home health care. 101 Stories.



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Back to Basics My sister 1st gave me this book as something special and now I have purchased two more to give as gifts. I bought copies to provide to others. I am believers! Coincidentally, when my sister provided me the book our daughter was coming down with a bad cold, therefore after reading several stories in the publication, I made a decision to try a handful of the cold/flu herbal remedies. Very good reference. This book is a very good reference. I started giving her the organic apple cider vinegar/honey/water mixture each day which appeared to help to keep her blocked sinuses from developing contamination, and I made her a tea from the reserve: cayenne pepper, honey, lemon juice, sage, thyme & One very last thing. This book includes a comprehensive listing of herbal treatments that you can use to take care of ailments--everything from Abscesses to High Blood Pressure. It's always better to remember you have the book and refer to it. A couple months later on, another wave of colds/flu was dispersing through our daughter's high school and once again she felt like she might be getting unwell. A well-written and thorough publication. To keep her good sinus wellness, our daughter beverages a small glass of drinking water with honey & Nevertheless, I did read a few of it and was disappointed in the lack of herbal remedies. Great book!! An absolute must have for your library This is an extremely handy book to have in your family medical library. It is easily read and very well written and interesting as well. Plenty of great information. I really like how it really is written in an informal way and it creates it very very readable Great to have in your library. Add this to your survivalist stock. Lots of good details to have. I've two of her other books as well. As a family who can no longer afford medical insurance due to the dramatically increased costs associated with the Affordable Health Care Take action, I'm sure this will be put to good use in the future. Read it before you will need it to familiarize with the plants and methods used. The book found its way to perfect condition. I highly recommend caring for your families medical requirements outside allopathic medicine. This is a great reserve to keep returning too. Add a little more to your understanding and skills over the months and years. You can save money by taking care of all of your medical needs yourself. Gather with some friends and make up batches of herbal teas, salves, and tinctures for winter flus together. I love them! Great information on pregnancy and nursing moms. The book has true to life stories that lock details in your memory to draw on later. The book had me thinking of relatives, church people, etc... ailments I could help remedy. Also recommended PRACTICAL HERBALISM by Philip Fritchey. Be Your Own Doctor Rachel Weaver has earned the credential of Expert Herbologist. Weaver claims that many of the drugs out there have had unwanted effects or can be quite costly when there may be better, even more organic options available. Some remedies are quick and easy to add to your medicine cabinet/first aid kit (clove tea for pain relief, raspberry tea for being pregnant, charcoal for tummy bugs and emergency poisonings) While others will need even more planning, gathering, and making time. I would never remember all of the helpful guidelines in enough time of an emergency anyway. To your amazement, she never missed a day time of school or created a sinus infection. Some of these can be treated with everyday home products such as cayenne or apple cider vinegar. Others may require more obscure herbs which you can either grow yourself or find at recommended resources. It's hard to state how effective they are without attempting them but she contains accounts of those who have tried most of them with achievement. She stayed healthy while many of her friends were missing school due to bad colds. This book is a good option for anyone who has limited health care, or no medical insurance or of for individuals who are leary of the medial side ramifications of synthetic drugs. I have described it countless instances, and the knowledge Weaver shares is normally priceless... This has wonderful information to save lots of you trips to the physician along with filling you with nasty prescriptions. This book ought to be in every home. From past history with this daughter, who is a very "sinus-y" kid, she would have required antibiotics to knock the head cool out of her or she would have missed at least a couple days of school. We immediately started the natural tea 2x a time for about 4 days in a row & I didn't browse the whole reserve because that is meant to be a reference reserve. She qualifies that with a disclaimer that in the event of emergencies one should always

seek medical attention. Lots of great info. organic apple cider vinegar every other day. I was looking for remedies for Oregano oil in particular, however, not one detailed in the index. After that I just read the part on healing teeth and positioned it on the shelf. cinnamon stick 2x a day for about 4 times in a row. Most of the remedies are simply the reports of those who informed Rachel what they experienced rather than remedies that have been passed on from antiquity. I was hoping for more concrete/proven solutions. Five Stars Love this book. It certainly is easier to remember you possess the book and refer to it when you need it. Every home must have one, IMHO! Plenty of good information I have most of these books. Sources for herbs and supplies for tinctures and salves outlined. It is split into essential home remedies with many remedies for common issues also offers great information for first aid disease fighting capability: health hormones pregnancy newborn as well's details for planning ahead making medicine and getting supplies. Great practical book for Herbal Medicine! My teenager was up for this as she didn't need to get sick. Our teenage girl & The information is priceless This book is amazing! This has wonderful information to save lots of you trips to the physician along . I highly recommend this book for each and every family bookshelf. Birthday present Was a birthday present for my partner. She loves it and displays it to our friends.



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