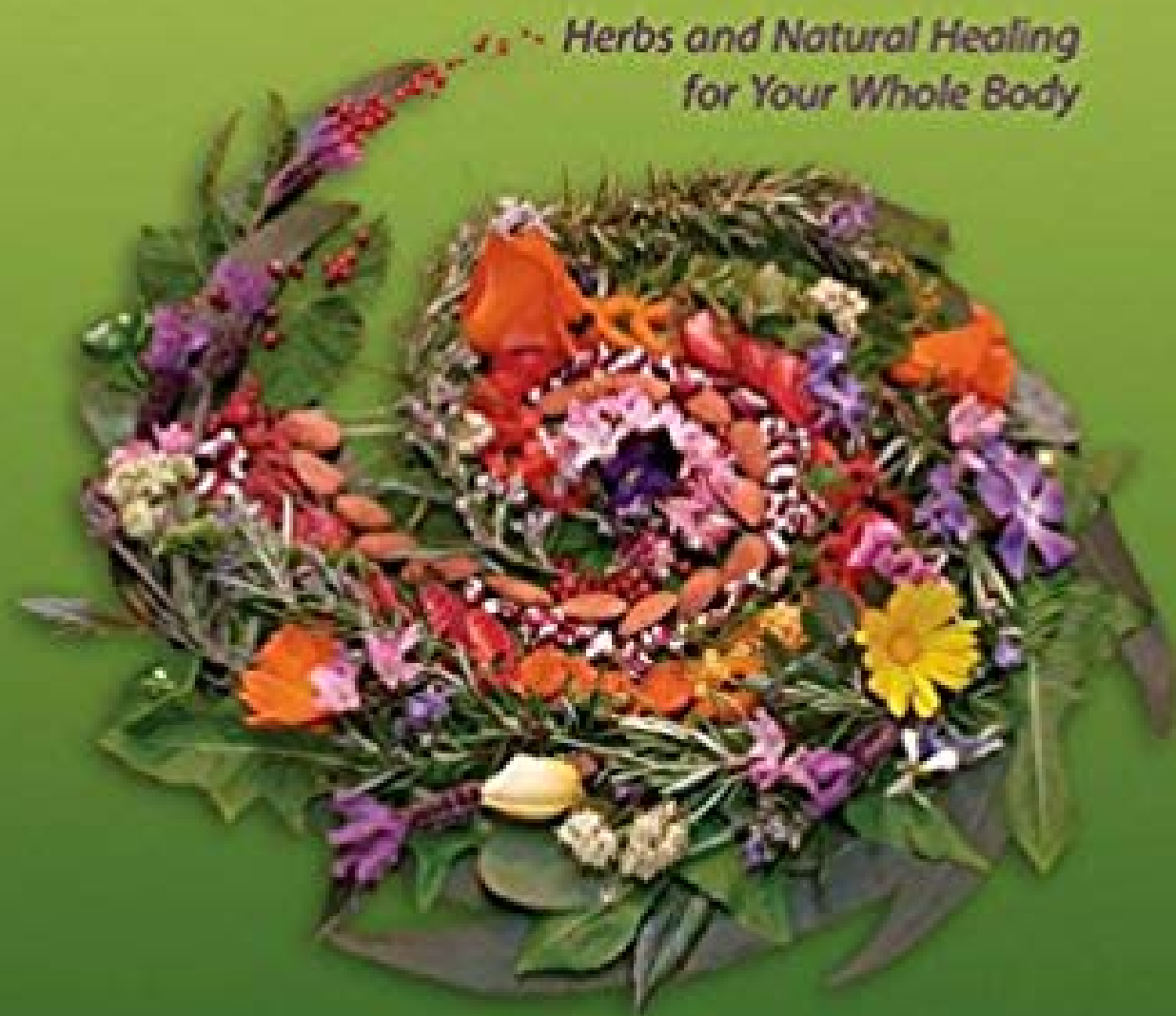


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botanical body care

*Herbs and Natural Healing
for Your Whole Body*



Karin C. Uphoff, M.S., M.H.

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Botanical Body Care: Herbs and Natural Healing for Your Whole Body



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It will deepen your knowledge of how herbs work with your body to facilitate healing, and provide all the herbal formulas you need to cleanse your organ systems, improve your immune response, prevent many common illnesses, and deal with any that may arise. This comprehensive guidebook demonstrates how to revitalize and stability your body utilizing the restorative power of herbal remedies as both food and medication.If you want to take better care of yourself and your loved ones, join the amazing partnership between plant life and people!



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The illustrations are clear and helpful. The various body systems covered consist of intestinal, digestive, respiratory, urinary, reproductive, nervous, lymph, and the disease fighting capability. Thorough compilation of natural healing information Not only does this publication include plenty of well organized information regarding herbal healing and substitute methods of healing but it is quite interesting reading alone. A rare integrated method of health and healing. Three Stars The book was in great condition, but the contents weren't what I was longing for.. Karin Uphoff knows her anatomy and body systems so well that she can inform us about them in a lively method that helps make sense of disease, why it takes place and what is happening in this body system. The author discusses each program, common problems and natural recipes which you can use to treat various problems. An especially interesting Appendix includes here is how to use herbal remedies commonly within most kitchens to benefit your health. If you want a simple primer on using herbs that's not so complex as to help to make it impossible to grasp and yet not basic that it truly is useless then this may be the book you are searching for. Author Karin Uphoff strikes a good middle ground to make Botanical Body Care approachable to everyone from the complete novice to the intermediate level person interested in herbal recipes. I recommend it.. Crisp, intelligent, down to earth, practical - I find this to become a perfect stability between a lay person's book and something even more academic. I've consulted this publication for other health requirements as well, and have found it thorough, informative, well presented, and well written. If you would like one book on healing herbal remedies this will be it. there is so very much information in this reserve! Lots of "old world" wisdom here. Highly recommended. Excellent reference I found this to be a fantastic reference book. I once was diagnosed with high blood pressure, and I needed to see if I could control it naturally. I appeared in the index, found the appropriate sections, and implemented the recommendations (and ran them by my nurse practitioner as well). Within a month my blood circulation pressure was back to regular and provides stayed there ever since. Because of this, it's highly informative and yet an easy task to, er, digest, with lots of tips and tricks, comprehensive explanations of why things work the direction they do, and fun quality recipes and other activities to try. Botanical Body Treatment is strongly suggested to the home user interested in botanical remedies. a guide for an improved life As a person who has had an awful experience with looking for relief from what were really minor health problems, who spend years with periodic pain, who spent thousands of dollars on western medicine, who got condescending and conflicting information from AMA doctors. Botanical care with items you can actually find A basic information to using herbs for wellness purposes, this reserve contains many an easy task to make recipes for specific problems... Wonderful book - highly recommended!! wish that We had this book a decade ago. I'd have saved me all of that. I have it now and it's my health bible. I did the essential bowel cleanse with great results including heightened energy I did the basic bowel cleanse with great results including heightened energy, weight loss, plus an increase in mental clarity. I've felt so far better eating the suggested cleansing diet plan, that I am continuing with it, occasionally adding handful of organic meat. a beautiful, informative, useable publication! Francie Nolan, Homeopath Five Stars Good information. A guidebook filled with useful information Botanical Body Care is so abundant with information and ideas. I keep discovering a lot more every time I open it up. It really is like a lifetime's collection of unique jewels on therefore many levels for healing and maintaining advanced health. Botanical Body Care provides an encouraging invitation, delivered easily and humor, to actively participate in conscious self care. I would have this on my shelf for anybody wanting to remain healthy or coping with a specific ailment - either attempting to try something beyond or in tandem with western medical procedures. and it's so clearly written. i take advantage of it often for reference.



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