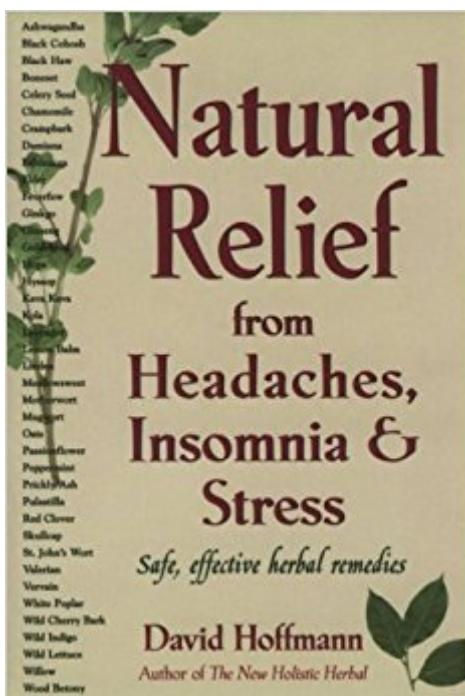


The book was found

Natural Relief From Headaches, Insomnia & Stress: Safe, Effective Herbal Remedies



Synopsis

An introduction to the biological, psychological and spiritual benefits of plants. Herbal remedies for insomnia range from camomile to valerian, for headaches there are treatments using feverfew, cayenne and echinacea, and there are treatments for tension, PMT and depression.

Book Information

Paperback: 144 pages

Publisher: Keats Publishing (July 1999)

Language: English

ISBN-10: 0879839821

ISBN-13: 978-0879839826

Product Dimensions: 8.2 x 5.4 x 0.6 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,036,148 in Books (See Top 100 in Books) #39 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1245 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #1296 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Customer Reviews

This book is incredibly helpful and easy to understand. I would definitely recommend it to anyone who is interested in medicine.

[Download to continue reading...](#)

Natural Relief from Headaches, Insomnia & Stress: Safe, Effective Herbal Remedies
Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies,herbal antibiotics and antivirals) HERBAL ANTIBIOTICS: 56 Homemade Holistic Herbal Remedies to Help Prevent, Treat, And Heal Illnesses Naturally (Herbal Antibiotics, Herbal Remedies) Natural Antibiotics And Antivirals: The Complete Guide To Homemade Natural Herbal Remedies To Prevent And Cure Infections and Allergies (Home Remedies, Herbal Remedies, Organic Antibiotics) Herbs to Relieve Headaches: Safe, Effective Herbal Remedies for Every Type of Headache (Good Herb Guide Series) Herbal Recipe Remedies: 30 Herbal Remedies That Work! (Herbal Recipes Private Collection Book 1) Herbal Medicine Natural Remedies: 150 Herbal Remedies to Heal Common Ailments Natural Healing and Remedies Cyclopedia: Complete solution

with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) Native American Medicine: Discover the Natural Healing Secrets and Remedies for Your Mind, Body and Spirit (Native American Medicine, Natural Remedies, ... Treatment, Herbal, Naturopathy Book 1) Natural & Herbal Remedies for Headaches: Storey's Country Wisdom Bulletin A-265 (Storey Country Wisdom Bulletin, a-265) EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) Essential Oils For Pets: Ultimate Guide for Amazingly Effective Natural Remedies For Pets (Natural Pet Remedies, Essential Oils Dogs, Essential Oils Cats, Aromatherapy Pets, Essential Oils For Pets,) Best Natural Scrubs and Herbal Remedies For Your Health and Beauty : (Body Scrubs, Medicinal Herbs, Essential Oils) (Body and Face Scrubs, Herbal Medicine) The Insomnia Solution: How to treat and cure your insomnia for life! DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) Grow It, Heal It: Natural and Effective Herbal Remedies from Your Garden or Windowsill The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Veterinarians Guide to Natural Remedies for Cats : Safe and Effective Alternative Treatments and Healing Techniques from the Nations Top Holistic Veterinarians Prescription for Herbal Healing, 2nd Edition: An Easy-to-Use A-to-Z Reference to Hundreds of Common Disorders and Their Herbal Remedies

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)