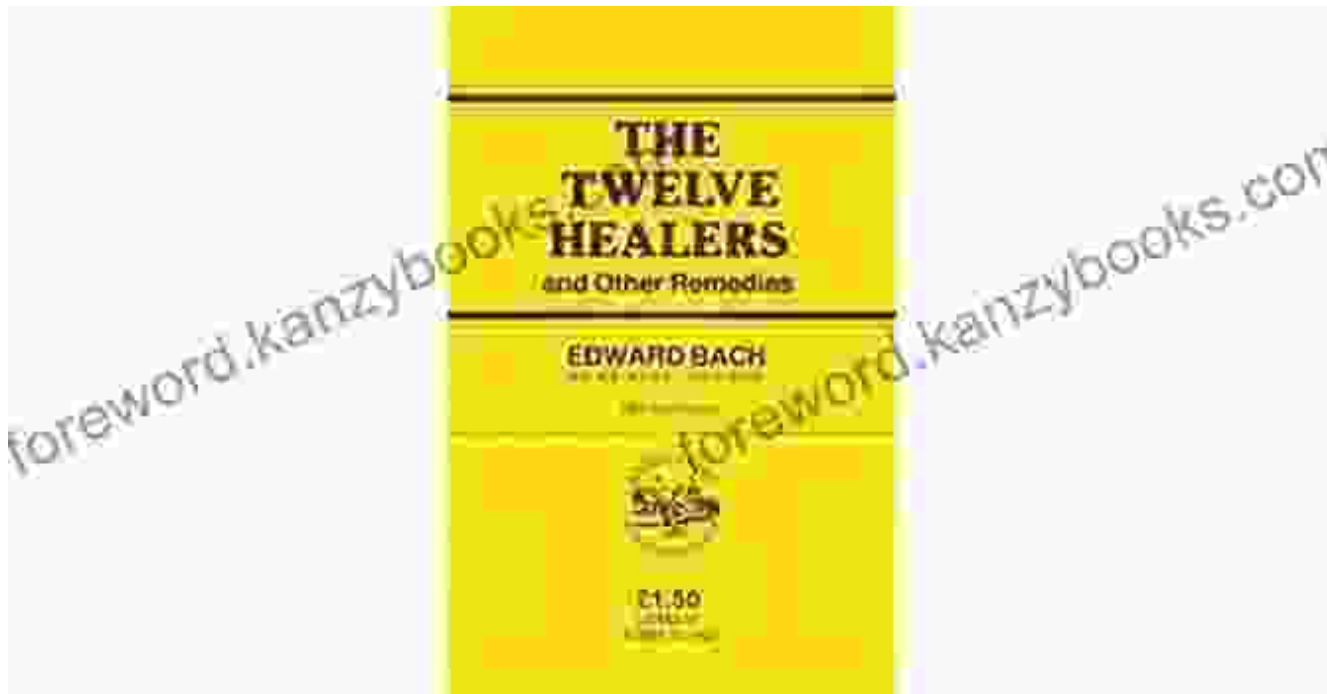
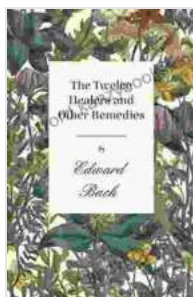


The Twelve Healers and Other Remedies: Your Guide to Holistic Healing



Discover the Power of Holistic Healing

In 'The Twelve Healers and Other Remedies', renowned herbalist and author, Kristen Leigh Bell, shares her extensive knowledge of holistic healing and the power of natural remedies.



The Twelve Healers and Other Remedies by Lindsay Lawless

★★★★☆ 4.8 out of 5

Language : English
File size : 420 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 28 pages



This comprehensive guide provides an in-depth look at 12 essential herbs, detailing their medicinal properties, usage, and contraindications. From the calming effects of chamomile to the antiviral prowess of elderberries, you'll learn how to harness the healing power of nature to improve your health and well-being.

Beyond herbs, 'The Twelve Healers and Other Remedies' offers a collection of effective natural remedies for common ailments, such as stress, anxiety, digestive issues, and skin conditions. These remedies, made from readily available ingredients like honey, garlic, and essential oils, empower you to take a proactive approach to your health.

This book is an invaluable resource for anyone seeking to incorporate holistic healing into their lives. Whether you're a novice looking to explore the world of natural remedies or an experienced practitioner seeking new insights, 'The Twelve Healers and Other Remedies' has something to offer.

Benefits of 'The Twelve Healers and Other Remedies'

- Discover the medicinal properties and uses of 12 essential herbs
- Learn how to prepare and administer natural remedies using herbs and common household ingredients
- Explore a collection of effective natural remedies for common ailments
- Empower yourself with the knowledge to take a proactive approach to your health
- Enhance your overall well-being through holistic healing

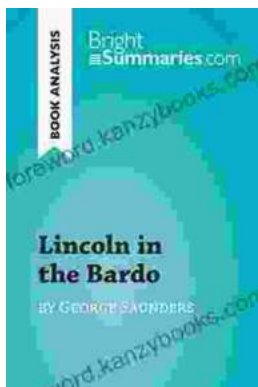
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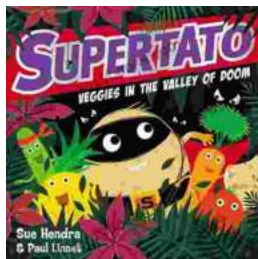
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