

Herbally Yours Health Education

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I have used information in "Herbally Yours" for years and keep giving away my books. I needed another one and was so happy that Amazon sold it. This book of herbal use and benefits for all kinds of health issues is the best. It gives us choices and better understanding how herbs should be a part of maintaining good health.

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Hosted by Ellen Kamhi, Ph.D., RN, this program focuses on current issues in natural health, such as natural foods, herbs, essential oils and mind-body techniques. Herbally Yours 90.3 WHPC

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Herbally Yours is the first comprehensive herbal handbook. An easy to use, alphabetized guide to the use of herbs. Herbally Yours, is simple enough for the herbal student, complete enough for the herbal practitioner. A complete list of herbs and herbal combinations and how to use them. An alphabetized list of health problems and what herbs aid.

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Herbally Yours (Health Education) My fascination with natural health actually began when I was in my late teens. I worked with a women who was a vegetarian, and she created the most yummy chocolate chip cookies which tasted better than anything I ' d ever tasted. She shared her love for eating healthy and to be honest, she looked great.

Should Christians Embrace Herbalism? - Authentically Joycelynn

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"This handy guide was one of the earliest herbal references in the late ' 70s and is a great introduction to the use of herbs as an alternative therapy. Readers will become familiar with common definitions and basic directions for making decoctions, extracts, infusions, oils, and poultices. A complete listing of herbs and herbal formulas along with their primary uses is followed by an alphabetized list of health problems and recommended herbs to alleviate each condition. Also included are sections on pregnancy, babies, and nursing; herbal sources of vitamins and minerals; information on cleansing and diet; and herbal aids for emergencies. This beloved volume is a timeless resource for maintaining health naturally. "

A veritable herbal encyclopedia, this classic was among the first comprehensive books on herbs ever published. Easy to understand, this guide to herbal medications is simple enough for the herbal student yet complete enough for the herbal practitioner. Readers are familiarized with common definitions and basic directions for making decoctions, extracts, infusions, oils, and poultices. A complete listing of herbs and herbal formulas along with their primary uses is followed by an alphabetized list of health problems along with recommended herbs to alleviate each condition. Also included are sections on pregnancies, babies, and nursing; herbal sources for vitamins and minerals; information on cleansing and diet; and herbal aid for emergencies. This beloved volume is a timeless resource for maintaining health naturally.

This popular guide to expanding consciousness includes practical meditation and visualization techniques and breathing exercises for creating inner peace. Shows how to overcome unhealthy patterns from the past, deal with job and relationship changes, and accept the challenge of creating a personal role in transforming the world. National TV programs.

"...set[s] forth his method of natural self healing based on herbs, a diet that used no meat, dairy products, or eggs, and a life in harmony with the laws of health and nature. He opposed the use of sugar, spices, pepper, mustard, vinegar, and fermented foods. He recommended the use of soymilk in numerous healing diets and considered it far better than cow's milk. " -- www.SoyinfoCenter.com.

The Ageless Woman weaves the timeless wisdom of Ayurvedic medicine with the latest medical discoveries into a unique, highly-effective anti-aging guide for women.

Surveys the nine medical licenses as well as fifty nondegree healing modalities--including history, philosophy, basic techniques, and methods--and provides information on career and training opportunities.

Forget the Fad Diets, Join the Food Freedom Movement! Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there, Serene Allison and Pearl Barrett, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the Trim Healthy Mama Plan, the breakthrough lifestyle program to help readers of all ages and stages get healthy, slim down and keep off the weight once and for all. Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way to lose weight and get healthy by eliminating sugar, and still eating hearty, delicious food. The biblically-sound and highly effective eating approach centers on Satisfying meals (which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are the key to success. Scrumptious whole, unprocessed foods, including fats, blood sugar friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre or post-menopausal women, and also those without weight or health issues—even men and growing children. The book includes menu plans, a list of key super foods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals. Join the Trim Healthy Mama movement and along with thousands of others, and discover the groundbreaking, easy-does-it, and delicious way to eat for health and weight loss.

Taking New Age readers to the next step in their spiritual development, this is the first book to offer practical ways of handling the new energy or "light" coming into their lives and the crises and choices it inevitably brings.

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