



## The Complete Guide to Natural Healing: A Natural Approach to Healing the Body and Maintaining Optimal Health Using Herbal Supplements, Vitamins, Minerals, Fruits, Vegetables and Alternative Medicine (Hardback)

By Author Stacey Chillemi, Author Dr. Michael Chillemi

Lulu.com, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The book makes using herbal supplements and alternative medicine easy while giving up-to-date clinical information about their history, safety precautions and medical uses. The Complete Guide to Natural Healing: A Natural Approach to Healing the Body and Maintaining Optimal Health Using Herbal Supplements, Vitamins, Minerals, Fruits, Vegetables and Alternative Medicine is the comprehensive go-to reference brimming with guidance for individuals wishing to improve their health naturally. Easy to follow and well-organized, The Complete Herbal Guide to Natural Healing is a straightforward, educational, inspirational, and ultimately extremely useful reference. It is a much-appreciated gift for the person fascinated with health, healing, natural foods and alternative medicines. With a simple yet direct writing style, the book reads as if your friend and personal tutor are guiding you through the extraordinary world of herbal health and natural healing.



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