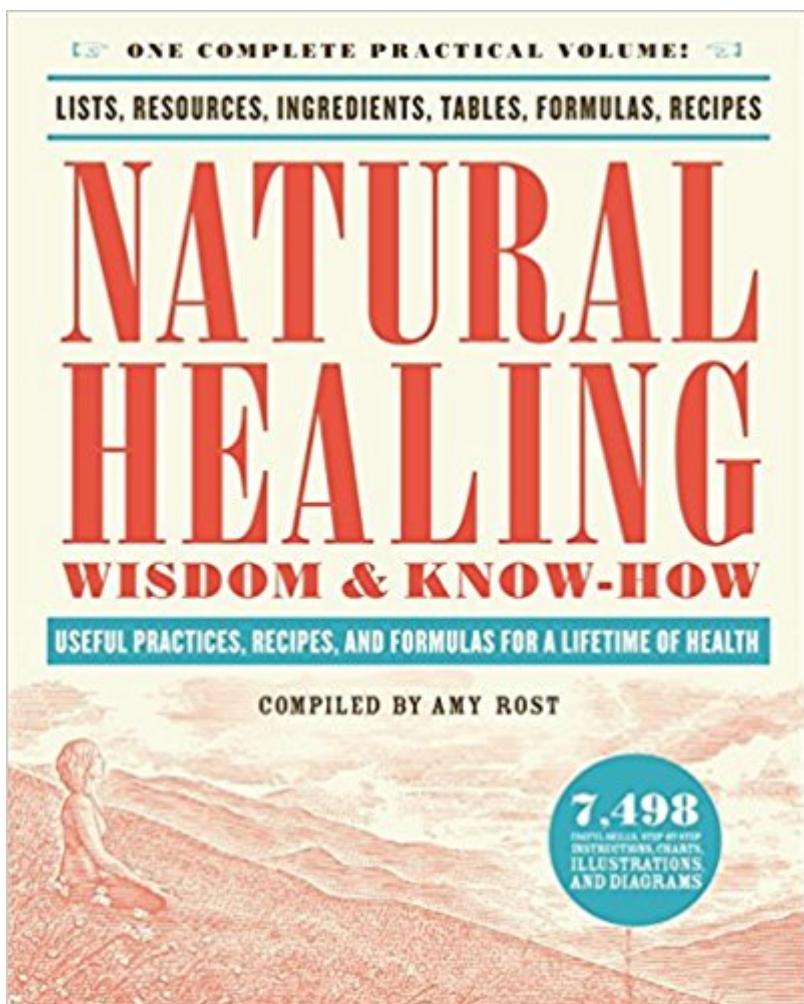


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# Natural Healing Wisdom & Know How: Useful Practices, Recipes, And Formulas For A Lifetime Of Health



## **Synopsis**

Natural Healing Wisdom & Know-How gathers useful and fascinating information on every practice of natural health and healing in one handy volume. This new edition, with a smaller trim, includes all the must-have information from the original edition including chapters on herbal healing, naturopathy, homeopathy, Eastern medicine, energy healing, mind-body healing, and healing with foods. Information within these chapters includes various methods and techniques for managing and curing hundreds of ailments, as well as for maintaining a healthy constitution year-round. The content is culled from dozens of the most respected books and authors on the topics of natural and alternative health and healing. A special index of ailments and symptoms appears at the front of the book to guide readers to useful methods and techniques for managing specific issues and problems. Included are hundreds of black-and-white illustrations and photographs as well as lists, tables, resources, and step-by-step instructions.

## **Book Information**

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## **Customer Reviews**

Amy Rost is a freelance book editor, writer, and writing instructor. Her personal wellness journey has encompassed a wide variety of healing modalities, including acupuncture, flower essences, meditation, vibrational/energy healing, and yoga. She lives in New England.

This book has over 900 pages of information and instructions for all types of alternative healthcare. Unfortunately it has the smallest print that I have ever seen in a book. Yes, you can make out the

works but it is very tedious to read . I find even a couple of sentences to be strain. My glasses are up to date so it's not me it's the tiny print. If you buy this book you will need a page magnifier. Save yourself frustration and order both at the same time. If the print were normal size I would have given the book 5 stars. I was tempted to give it only 1 star because of the print but felt information really good.

My mother-in-law has a Masters in Naturopathic Medicine and has taken a ton of various natural health courses. She had never heard of this book, but liked what she saw after thumbing through it. It's a wonderful all-in-one reference book. For a beginner in natural healing like me, this book is invaluable. Natural healing can be so complex, but this encyclopedia really helps break it down, both by symptom and by modality. It has an extensive symptomatic index in the beginning so you can quickly search for, say, treating a soar throat or dealing with grief or insomnia. It will also help you decide which modality is right for you and help you know what else to invest in (i.e. herbs vs. essential oils) If you're looking to start healing naturally rather than relying on going to the doctor and popping pills, or want to expand your knowledge on the subject, this is where to start.

A friend recommended this book, stating that each copy she buys is always taken away by friends. She has bought three to date. I can logically see why. Indeed, I am very impressed with the objectivity of the compilations of this book but my God!!! it is a thick, comprehensive and heavy as a telephone directory. References appear to be traceable and authentic and remedies and cures very detailed . A gem for the price. A pity the pages of the book are as thin as a newspaper's and have to be handled with utmost care to preserve longevity. Will recommend to a friend any day- but this copy is not leaving my hands. Thank you Amy Rost.

This book is a great reference for anyone who considers that prevention, and alternative treatments of diseases are your best way to enjoy a long and healthy life. I could describe this book as an encyclopedia of alternative medicine. It is filled with common sense advises, and it goes over several healing methods and preventive solutions, that will help you stay away from harmful pharmaceutical drugs and unhealthy life styles. 20 pages are dedicated to naturopathy, 70 pages on herbalism (with men specific remedies, and women specific remedies), 10 pages on homeopathy, aromatherapy. Eastern healing methods are described into details over 70 pages. There are more than 50 pages related to energy healing. Flower essences are described in depth as well as mind-body healing techniques (including visualization, biofeedback...). There are over 120 pages

dedicated to nutrition and diets (with recipes and traditional diets). A big emphasis is made on raw food (It is not as complete and detailed as Susan Schenck's The life food factor but it gives you a good overview of good nutrition). The tone of the book is very neutral. As a registered nurse into holistic nursing, this book is a great reference and a great tool. Anybody at home can use that wisdom to help the body through health disturbances or to prevent issues that otherwise may lead you to seeking the assistance of a more intense and conventional form of medicine.

Love this book. So much helpful and informative information. A good place to begin or continue your journey on living better and taking care of yourself.

This book will help me take a more natural way of healing myself and getting away from putting so many chemicals in my body.

I have been looking for a book that has everything to do with natural healing and this is it! In this giant book, you will find everything you need to take care of yourself using mother nature's elements of healing. I recommend this book to anyone wanting it all located in one book.

My mother is a great enthusiast of all things natural healing, and may I also note, not always the most gracious when receiving gifts. So as a Christmas gift, it was a gamble to hand over this gigantic (about 12"x18", give or take) and slightly clumsy book on all things natural healing, especially for my guest who flew to visit me and who always travels almost comedically light. Home run! The moment I knew it for certain was when she informed me that she has often thought of which five books she'd bring into the woods with her if she had to flee the zombie apocalypse, and that "Natural Healing Wisdom and Know-How" had just bumped one of her other books off the list. (Might I also suggest "Survival Wisdom and Know-How" for such a need) Despite its being 'gigantic and slightly clumsy' (think reading the newspaper rather than a novel) it is an absolutely worthwhile investment as it is about as comprehensive as you can get without buying books on each individual topic. And the range of topics is spectacular. From herbalism to sound therapy, NHW&KH tackles forms of non-westernized treatment and medicine that I didn't even know existed. The only complaint/suggestion I would make is to find some homemade way to tab some basics you'll reference often, such as recipes. Try as we might, we had a terrible time finding the base recipes referenced in several portions of the book. No trouble finding the alterations, but the starting point was tricky. At any rate, EXCELLENT book. And go for the hard copy, not the Kindle edition. The

cover/overall physicality of the book is beautiful. The pages have a sort of 'newspaper' feel and weight.

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