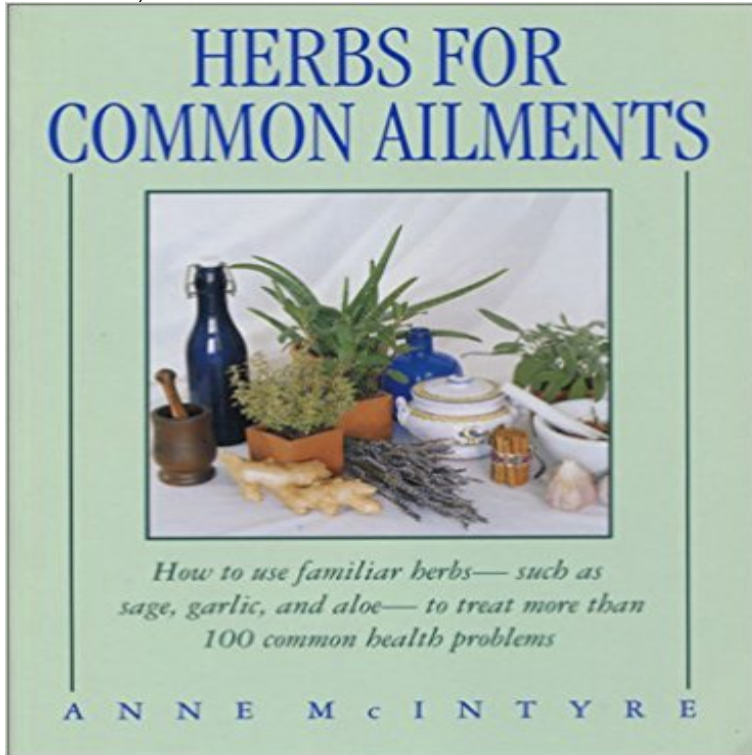


Herbs for Common Ailments: How to Use Familiar Herbs--Such as Sage, Garlic, and Aloe--To Treat More Than 100 Common Health Problems



From ancient medicine men to modern holistic healers, people from every culture have recognized the potent healing properties of plants and herbs. Readily available and easy to use, the herbal remedies in this book provide a completely natural way to prevent and treat everyday illnesses as well as maintain general good health. Here, step-by-step instructions and beautiful color photographs show how to prepare and use herbs in ointments, lotions, compresses, poultices, baths, and teas to treat more than ninety-one common ailments such as:

Colds and flu
Depression
Asthma
Indigestion
Acne
Anemia
Insomnia
Eczema
High blood pressure
Arthritis

An ideal companion to *Aromatherapy for Common Ailments* and *Acupressure for Common Ailments*, this unique guide makes it easy to become proficient at the safe and powerful healing art of herbalism.

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