

Medicinal Plants: 16 in 1 Box Set - The Amazing Beginner's Guide To Learning Medicinal Plants And Organic Herbs, And Pre Historic Medicine All In 1 Set ... (natural antibiotics, medicinal plants,)

C. Mckenzie, M. Clarkshire, B. Glidewell, D. Langely, J. Watkinson, S. Snow, V. French

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BOOK #1 PREVIEW

There are many plants out there that can help out. In our world today, many turn to man-made drugs and other chemicals to help them out though, instead of going towards traditional medicine and natural antibiotics. Chemicals might seem fine now, but in actuality, it's the first step many take on the pathway to antibiotic resistance and the inability to fight off infections. If one takes man-made antibiotics, there are other complications a well, and at the end of it, you won't be as healthy or feel as good as you normally do.

BOOK #2 PREVIEW

A medicine system in India called Ayurvedic, is as old as time provides a proven and tested approach to better health and a better well-being by using only plants in treating all diseases. It may sound ridiculous when compared to today's modern medicine, but history has shown that these plants have benefited countless generations in many ways. Many of the herbs India has used for centuries is the main ingredient to modern day prescription medication.

BOOK #3 PREVIEW

There are so many benefits to having gardens in your home. First, it is a known stress-reliever. When you are down on your hands and knees, tending to your garden, weeding, or just plain looking—the sight of life that you help grow is just breathtaking that it removes a lot of the stressful things from your mind. Even at their early stage, herbs give off such amazing scents that many fill you with vigour, while others provide a calming effect.

BOOK #4 PREVIEW

This book will guide you to find out how these two kitchen items can benefit your body, inside and out. Also provided are the basic facts of these two amazing things, including how they are made and their other uses. This handbook will provide you information about their healing and curing properties, as well as their beauty benefits, which are supported by scientific research.

BOOK #5 PREVIEW

A few decades ago, advances in the study of chemicals and a greater understanding of how the human body works has prompted the wide use of drug-based medications. Because of their efficacy, many previously life-threatening diseases (like fevers) can be easily resolved. However, researchers, physicians, and lay people alike have noticed that negative side-effects sometimes come with these medications.

BOOK #6 PREVIEW

Only in recent years has green tea's prominence has surged to extreme heights in the Western world; however, it has been a regular part of most Asian cultures for thousands of years. Green teas can trace their origins back to China, as most varieties of teas, and has been used as many things, from simple beverages to traditional Chinese medicines. One only needs to go as far as a tea house in Japan, a restaurant in Shanghai or an ice-cream parlor in Beijing to realize the fanfare that Asian cultures have for green tea. But why have these Asian cultures' preference always been green rather than black teas?

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Thomas Welty:

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