

Natural Hand Care Herbal Treatments And Simple Techniques For Healthy Hands And Nails

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Natural Foot Care - Stephanie L. Tourles
1998-01-08

Treat your feet with your own homemade and luxurious all-natural creams, lotions, and soaks. Stephanie Tourles offers easy-to-follow herbal recipes that provide gentle, soothing solutions to common foot ailments — from corns, bunions, and rashes to chronic dryness and cold feet. Tourles also includes illustrated instructions for a relaxing foot massage and suggests a number of exercises designed to strengthen and stretch your feet. Take a natural step toward soft skin and strong soles, and discover how good your feet can feel.

Natural Homemade Skin Care - Militza Maury
2020-08-11

Beautiful, Vibrant Skin the Natural Way Ditch expensive creams, serums and lotions full of mystery ingredients and turn to nature to find the best remedies for all your skin care needs with products you can make right at home. Herbalist Militza Maury's use of natural

ingredients ensures that you know exactly what's in your skin-care products and what you're getting out of them—beautiful, nourished, healthy skin. Creating a daily skin-care routine is easier than ever with recipes for cleansers, toners and moisturizers for every skin type. Try Soothing Cookie Dough Cleanser for inflamed skin, Clean & Clear Hydrosol Toner for oily or acne-prone skin or Moisture-Rich Solid Serum for dry, dehydrated skin. No matter your skin's needs, Militza has products that will help you achieve healthy, glowing skin from head to toe. And once you've established a daily routine that works for you, don't forget to make skin care fun with a whole slew of masks, scrubs, bath products and more—all made from safe, familiar ingredients like honey, cocoa butter, fresh herbs and essential oils. With information about the nourishing and healing properties of the ingredients used and instructions for infusing vinegar, oil and honey to further increase the efficacy of the recipes, this collection gives you

all the information you need to make quality skin-care products at home.

Naturally Healthy Hair - Mary Beth Janssen
1999-01-10

Enjoy naturally strong and glowing hair. In this holistic guide to hair care, Mary Beth Janssen shows you how to promote vibrant hair without resorting to harsh chemicals. With simple recipes for all-natural products that you can make at home and healthful approaches to cutting and coloring, you'll be amazed at how easy it is to achieve the hair you've always wanted. Discover how Ayurvedic philosophy can rejuvenate your hair and what foods can unlock your hair's natural vibrancy. Great hair has never felt so good!

[The Big Book of Homemade Products for Your Skin, Health and Home](#) - Jan Berry 2020-04-14

Go Green in Every Part of Your Life with This Huge Collection of Easy, All-Natural Products
Kick toxic, synthetic skin care products and cleaners out the door and bring the healing joy

of nature into your life with these simple, customizable projects. In this new and expanded edition of *101 Easy Homemade Products for Your Skin, Health & Home*, Jan Berry adds 50 brand new recipes for a total of 151 in all, making this beloved book a complete and versatile resource. You'll learn how to make your own skin care and hair care products, health remedies and household cleaners, such as:

- Honey, Rose & Oat Face Cleanser
- Triple Sunshine Body Butter
- Sleepy Time Bath Bombs
- Wildflower Shower Scrub Bars
- Lip Gloss Pots
- Cucumber Mint Soap
- Lemon Balm & Ginger Sore Throat Drops
- Lemon & Rosemary All-Purpose Cleaning Spray
- Lavender Laundry Detergent

And so much more! All of the projects are easy to make and use commonly found herbs, flowers, oils and other natural ingredients. No fancy equipment or previous experience required! The new edition is packed with even more basic formulas, so you can make your own one-of-a-kind creations. Going green

has never been easier or more affordable. With this book, you can use local, natural ingredients to make something beautiful, effective and good for you and your family.

The Herbal Home Spa - Greta Breedlove

1998-01-03

Create naturally sumptuous personal-care products to pamper every part of your body. Master herbalist Greta Breedlove presents easy-to-follow recipes for making your own masks, rubs, and lotions that rival those found at high-end spas and specialty shops. Harness the properties of natural herbs to create unique products that soothe your body, smell lovely, and are free from any harsh ingredients.

Natural Beauty at Home, Revised Edition - Janice Cox 2015-09-29

A revised edition of the bestselling guide to easy and effective home beauty treatments from America's natural beauty expert Beauty in modern America is a multibillion-dollar industry, and consumers spend hundreds of dollars on

beauty products only to discover that they aren't satisfactory or effective. Natural Beauty at Home includes over two hundred of Janice Cox's recipes (many have been passed down through three generations of her family) for everything from shampoo and mouthwash to face masks and lip gloss, so readers can customize their beauty regimen, save money, and have fun, all at once. In this new edition, Cox has refined over twenty years' worth of simple and self-indulgent recipes for body and soul, including: - cleaners and scrubs - creams and lotions - massage oils and aromatherapy - hair-care products

Hands-On Healing Remedies - Stephanie L. Tourles 2012-12-04

Keep your family healthy and chemical free by making your own natural remedies. Stephanie Tourles offers 150 original recipes for herbal balms, oils, salves, liniments, and other topical ointments to treat a wide range of conditions. This comprehensive guide is filled with safe and effective cures for scores of common ailments,

including headaches, backaches, arthritis, insomnia, splinters, and more. Take control of your well-being and stock your family's medicine cabinet with gentle, all-natural homemade healing formulations.

Awaken Holistic Medicine Knowledge for Beginners - Arden Dagon 2022-07-27

So, you've finally woken up from the illusion of modern healthcare and would like to get your hands on effective and natural herbal remedies that will rebuild you. Would you like to discover secret healing powers that can restore your body? Are you looking for compelling, fun, and simple ways to transform your lifestyle so that you're more in control of your body in a healthy way? If you've answered yes to any of these questions, then you've got to read this book! Research shows that 80% of the population uses holistic, naturopathic medicine as their primary form of healthcare, simply because they know that many modern forms of medicine simply cannot achieve what natural medicine

offers them. Holistic medicine, which can improve the health of your mind, body, spirit, and emotional well-being, is an ancient yet relevant form of treatment that has proven to be effective. And now you're about to be equipped with information that will help you become the best version of yourself! Inside *Awaken Holistic Medicine Knowledge for Beginners: Secrets to Naturally Heal and Balance Your Body with Herbal Remedies*, you'll discover: ?A comprehensive look at holistic medicine, its reliability, and healing benefits? Over 10 organic herbal remedies that you can start using right now, with no hassles or financial burdens? 14 effective holistic treatment methods ranging from Indian to traditional Chinese that you can choose from, no matter what your health goal is? A look into your eating habits, how they affect your well-being, and what foods to avoid. Imagine having the ability to tap into the healing powers that have always been in the palm of your hand. No more going out of budget for ineffective

medicines, dealing with unbearable side effects, and using unreliable treatment. Your time has come to achieve the best and most natural healing that your body has been yearning for! Are you ready to awaken your healing powers? Then read *Awaken Holistic Medicine Knowledge for Beginners: Secrets to Naturally Heal and Balance Your Body with Herbal Remedies now!*

Neal's Yard Beauty Book - Dorling Kindersley Publishing Staff 2015-01-28

Reveal your natural radiance Revolutionise your beauty regime with this guide to homemade natural remedies, make-up looks and at-home therapies that enhance your natural beauty. Some shop-bought miracle treatments cost a fortune; Neal's Yard Beauty Book shows you how to prepare products in your own home that are guaranteed to make your whole body look and feel gorgeous. It identifies natural ingredients for healthy skin, guides you through before-and-after makeovers, and shows you techniques to

pamper every skin type. Neal's Yard Beauty Book comes with over 100 organic product recipes, such as anti-ageing eye creams and exfoliating masks, plus step-by-step guides to simple pampering techniques, such as feet and hand massage, helping you to look after your body and improve wellbeing. Features daily regimes for glowing skin, a younger-looking complexion, stronger hair and many other beauty aspirations. Revolutionise your beauty regime and leave the commercial products behind.

Talking Book Topics - 2000

Includes audio versions, and annual title-author index.

Healing Herbal Wines, Vinegars & Syrups - Joyce A. Wardwell 2012-03-08

Since 1973, Storey's Country Wisdom Bulletins have offered practical, hands-on instructions designed to help readers master dozens of country living skills quickly and easily. There are now more than 170 titles in this series, and their

remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life. *Awaken Holistic Medicine Knowledge for Beginners Secrets to Naturally Heal and Balance Your Body with Herbal Remedies* - Arden Dagon 2022-08-11

So, you've finally woken up from the illusion of modern healthcare and would like to get your hands on effective and natural herbal remedies that will rebuild you. Would you like to discover secret healing powers that can restore your body? Are you looking for compelling, fun, and simple ways to transform your lifestyle so that you're more in control of your body in a healthy way? If you've answered yes to any of these questions, then you've got to read this book! Research shows that 80% of the population uses holistic, naturopathic medicine as their primary form of healthcare, simply because they know that many modern forms of medicine simply cannot achieve what natural medicine

offers them. Holistic medicine, which can improve the health of your mind, body, spirit, and emotional well-being, is an ancient yet relevant form of treatment that has proven to be effective. And now you're about to be equipped with information that will help you become the best version of yourself! Inside *Awaken Holistic Medicine Knowledge for Beginners: Secrets to Naturally Heal and Balance Your Body with Herbal Remedies*, you'll discover: ?A comprehensive look at holistic medicine, its reliability, and healing benefits? Over 10 organic herbal remedies that you can start using right now, with no hassles or financial burdens? 14 effective holistic treatment methods ranging from Indian to traditional Chinese that you can choose from, no matter what your health goal is? A look into your eating habits, how they affect your well-being, and what foods to avoid. Imagine having the ability to tap into the healing powers that have always been in the palm of your hand. No more going out of budget for ineffective

medicines, dealing with unbearable side effects, and using unreliable treatment. Your time has come to achieve the best and most natural healing that your body has been yearning for! Are you ready to awaken your healing powers? Then read *Awaken Holistic Medicine Knowledge for Beginners: Secrets to Naturally Heal and Balance Your Body with Herbal Remedies* now!

[Native American Herbalism Encyclopedia](#) -
Aponi Garlow 2021-03-07

Do you want a more comprehensive way of life to be created, liberate yourself from traditional medicine & save money that way? It is time for Native Americans to pull right to their herbal & medical skills. Before Europeans arrived in North America, herbalism was practiced by indigenous people. Via keen analyses of the animals surrounding them, Native Americans picked herbs. When they were ill, they witnessed animals searching out herbs and spices and noted their subsequent recoveries. To cure

themselves, they played with these medicines and plants. Unfortunately, for the most part, this information was handed on through word of mouth & has almost been ignored by the current generations. This book seeks to put back to life their extensive knowledge of natural medicines and their curing wisdom. You would have the ancient traditions and trusted methods of the Native Americans on hand with this book on the shelves. This **ENCYCLOPEDIA of NATIVE AMERICAN HERBALISM** includes: Brief History of Native American Herbalism Guidelines for sourcing, wildcrafting, preparing, foraging, drying, harvesting, and storing the herbs More the 30 herbs & plants profiles Uses, benefits dosages, and attentiveness tips of herbs Advises for the safetyAncient Herbalism ritual made it simple. What a respite! To make successful use of natural remedies, don't worry, one doesn't have to become a medical herbalist! Begin things out right with this book's responsible & knowledgeable advice. This book, beautifully

illustrated and simply presented, would take its place as the guide to restoring your body and mind naturally. Discover the strength of herbs for treatment. Treat your typical illnesses naturally and put healing into the hands of your own. Don't delay further and get the copy of your own right away by just one click!

Storey's Basic Country Skills - M. John Storey
1999-01-01

Provides practical information on water supply, plumbing, heating, electricity, home improvements, gardening, landscaping, lawn care, greenhouses, country cooking, farm animals, barns, fences, pets, and small-scale farming

Organic Body Care Made Easy - Samantha Stephenson
2014-12-02

Discover Natural Beauty! Discover Health! Everyone wants to have beautiful skin and radiant hair but this should not be achieved at the expense of your health. However, if we continue to use chemical-laden commercial

beauty products, we could end up destroying the body we are trying to make more beautiful. In Organic Body Care Made Easy, Samantha Stephenson has provided a collection of natural, chemical-free formulations that provide safe and healthy alternatives for personal body care. Now you can take charge of your personal beauty regimen by controlling the substances that you apply to your body. Stephenson is a natural beauty enthusiast with a passion for creating homemade goodies for organic body care. Besides being effective, the 147 recipes in this book are simple and very easy to make. The ingredients can be bought easily and you may already have some of them in your home. They are fun, inexpensive and highly rewarding. These natural beauty recipes with essential oils, herbs and other natural ingredients will deliver the results that you want without endangering your health in any way. Your skin, hair, face, hands and feet will radiate with health and freshness, your overall wellbeing will be

enhanced and you will feel more confident. If you have never made natural balms, lotions and other potions before, get ready for a treat! Even if you have tried your hands on do-it-yourself beauty in the past, the 147 easy recipes in this book will simply blow your mind. Just dive in and start making body oils, lip balms, bath salts and other natural skincare stuff. This book covers every part of the body to give you an all-encompassing body makeover. You can have your own spa right in the comfort of your home. There are recipes for hair care, facial care, hand care, nail care, foot care and even oral hygiene. Each recipe is presented in a step by step format with notes to give you vital information about preparation, usage and storage. There is room to customize some of the recipes to fit your personal preference and you can make as many of them as you want to give out as gifts to loved ones.

Natural Remedies for Kids - Kate Tietje
2015-08-15

Natural Remedies for Kids is an easy-to-use reference for parents who are ready to take their family's health into their own hands by using over 100 natural and herbal remedies to help common ailments at home. There's no need to rush off to the doctor at the first sign of sniffles or fever! Instead, understand what each symptom may be a sign of, how to help treat that symptom naturally, and how to help your child rest comfortably until the illness is over. Find out if the symptoms may be serious enough to warrant a call to the doctor. Then, learn to prepare one of the many recipes for home remedies found within the book to help your child naturally. Clear up common conditions like: - Diaper rash - Eczema - Runny noses - Coughs - Sore throats - Upset stomach - Teething - and more Find tips and hints from Kate Tietje on which remedies are best for which issues. Discover the time-tested treatments that will help to keep your child healthy and happy, naturally!

Natural Woman - Leslie Korn 2019-12-17

An herbal guide to support physical, mental, and spiritual health for women and their children at all stages of life--by a healer with over 40 years of experience. Plant medicines are a woman's ally to achieve optimal health; they bring balance and nourishment to daily life and can reduce or eliminate symptoms of physical and emotional distress. They can also provide alternatives to many pharmaceuticals. This go-to herbal sourcebook gives women the tools to thrive throughout their lives, with remedies using common herbs and plants to support a healthy body, mind, and spirit. Dr. Leslie Korn brings over forty years of experience in numerous herbal traditions and healing modalities, offering timeless wisdom in this herbal companion that can be shared with friends and passed down in the family for generations. She offers treatments using common and easy-to-obtain herbs to address sleep disorders, menstrual issues, autoimmune

conditions, anxiety, headaches and migraines, stomach issues, fertility issues, postpartum recovery, skin ailments, common discomforts that affect children, and much more. Korn also offers herbal guidance for rites of passage, moments of community, psychoactive herbs, and a protocol for end-of-life care, as well as a comprehensive resources section.

Herbal First Aid and Health Care - Kyle D. Christensen 2000

Herbal First Aid is a first aid manual which describes the treatment and management of first aid emergencies and other primary and secondary care with an emphasis on the application of herbal medicine.

Encyclopedia of Women's Health - Sana Loue 2004-07-15

Designated a Reference Reviews Top Ten Print Reference Source 2005 The Encyclopedia of Women's Health meets this challenge by bringing together an impressive array of experts on topics from reproductive issues to

gastrointestinal illnesses. This skilfully edited volume, informed by current health issues and health-care realities, offers readers practical information, historical aspects, and future directions, all meticulously researched and conveniently presented. Key features include: - Accessible A-to-Z coverage, including AIDS, birth control, hormone replacement therapy, teen pregnancy, sexual harassment, violence, body image, access to health care and more. - Entries spanning the medical, psychological, sociocultural, spiritual, and legal arenas. - Medical topics explored from both conventional and complementary perspectives. - Cross-cultural data illustrate issues as they apply to minority women, rural women, the elderly, and other underserved populations. - Special chapters on disparities in women's health and health care. - Historical overview of women in health - as patients and as professionals. - Suggested readings and resource lists.

Aromatherapy Massage from Head to Toe -

Editors of Storey Publishing 2000-08-15
Relax and rejuvenate with aromatherapy massage! If you have been searching for the ultimate in spa-quality pampering of body and soul, aromatherapy massage is the answer! With sweetly scented oil and simple massage techniques you can: Calm the mind and relax the body Sooth aching joints and sore muscles Improve circulation Undo muscle knots and tension Encourage sounder, more peaceful sleep Invigorate your energy level Restore mental alertness Aromatherapy Massage from Head to Toe offers step-by-step instructions for full-body, scalp, face, hand, and foot massages. You'll also find recipes for aromatic massage oil blends that lift the spirits and soothe the body. Whether you have five minutes alone or are partnering up with a friend, there's a massage that's right for you! So let Aromatherapy Massage from Head to Toe be your on-call personal massage therapist - and enjoy!

The Natural First Aid Handbook - Brigitte Mars

2017-01-01

This A-to-Z guide to the most common emergency situations, ailments, and injuries focuses on how to use household, herbal, and homeopathic remedies safely and effectively in combination with basic emergency-response procedures and protocols.

Organic Body Care Recipes - Stephanie L. Tourles 2007-06-01

Discover the joys of all-natural body care. Stephanie Tourles shows you how to use fruit, flowers, herbs, and minerals to craft healthy products that promote radiant skin, strong nails, shiny hair, and an elevated mood. Pamper yourself from head to toe with products like Strawberry Cleanser, Pineapple Sunflower Scrub, and Almond Rose Body Lotion. Gentle on your skin and free of harsh chemicals found in commercial products, you'll want to indulge yourself over and over with these luxuriously aromatic bath blends, face masks, and body scrubs.

Natural Hand Care - Norma Pasekoff Weinberg 1998

Describes the basics of hand care, tells how to promote healthy nails, and discusses manicures, nutrition, exercise, arthritis, and the preparation of natural remedies

Essential Glow - Stephanie Gerber 2017-11-14
"Recipes + tips for using essential oils"--Cover.
Hands-On Healing Remedies - Stephanie L. Tourles 2012-12-14

Keep your family healthy and chemical free by making your own natural remedies. Stephanie Tourles offers 150 original recipes for herbal balms, oils, salves, liniments, and other topical ointments to treat a wide range of conditions. This comprehensive guide is filled with safe and effective cures for scores of common ailments, including headaches, backaches, arthritis, insomnia, splinters, and more. Take control of your well-being and stock your family's medicine cabinet with gentle, all-natural homemade healing formulations.

Herbal Treatments for Healthy Feet - Stephanie L. Tourles 1999-01-12

Since 1973, Storey's Country Wisdom Bulletins have offered practical, hands-on instructions designed to help readers master dozens of country living skills quickly and easily. There are now more than 170 titles in this series, and their remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life.

Veterinary Herbal Medicine - Susan G. Wynn 2006-11-29

This full-color reference offers practical, evidence-based guidance on using more than 120 medicinal plants, including how to formulate herbal remedies to treat common disease conditions. A body-systems based review explores herbal medicine in context, offering information on toxicology, drug interactions, quality control, and other key topics. More than 120 herbal monographs provide quick access to information on the historical use of the herb in

humans and animals, supporting studies, and dosing information. Includes special dosing, pharmacokinetics, and regulatory considerations when using herbs for horses and farm animals. Expanded pharmacology and toxicology chapters provide thorough information on the chemical basis of herbal medicine. Explores the evolutionary relationship between plants and mammals, which is the basis for understanding the unique physiologic effects of herbs. Includes a body systems review of herbal remedies for common disease conditions in both large and small animals. Discusses special considerations for the scientific research of herbs, including complex and individualized interventions that may require special design and nontraditional outcome goals.

101 Easy Homemade Products for Your Skin, Health & Home - Jan Berry 2016-03-29

Go Green in Every Part of Your Life with These Easy, All-Natural Herbal Products Kick toxic, synthetic skin care products and cleaners out

the door and bring the healing joy of nature into your life with the simple, versatile projects in *101 Easy Homemade Products for Your Skin, Health & Home*. In this incredible resource, Jan Berry teaches you the basics of making your own skin care and hair care products, health remedies and household cleaners—then how to customize them into truly unique and personalized items! You'll learn how to make: - Honey, Rose & Oat Face Cleanser - Cool Mint Body Wash - Basic Calendula Lotion - Floral Salt Foot Scrub Bars - Basil & Lime Lip Balm - Lavender Oatmeal Soap - Violet Flower Sore Throat Syrup - Thyme Counter Cleaner - Lavender Laundry Detergent - And so much more! All of the projects are easy to make and use commonly found herbs, flowers, oils and other natural ingredients. No fancy equipment or previous experience required! If you don't have a certain ingredient on hand, Jan provides tips on how to substitute and what works best. Going green has never been easier or more

affordable. With this book, you can use local, natural ingredients to make something beautiful, effective and good for you and your family.

Pure Skin Care - Stephanie L. Tourles
2018-09-18

The natural skin care industry is growing, with more and more consumers seeking nontoxic, all-natural products. Now they can make their own at home, less expensively and with fewer additives. In *Pure Skin Care*, best-selling author and long-time formulator of natural products Stephanie L. Tourles shares her 78 all-time favorite recipes for facial cleansers and scrubs, masks, moisturizers, and steams, along with creams, balms, and exfoliants for the entire body, all formulated to meet the most up-to-date green beauty standards. Readers will find specialized formulas for feet, hands, and sun protection, along with instructions for customizing recipes for particular skin types and easy-to-make treatments for common skin conditions like rosacea, acne, and wrinkles. This

book features soothing, pampering, healing, and restorative formulas for all ages and needs.

Cannabis for Lyme Disease and Related Conditions - Shelley White 2015-03-19

Lyme disease is a complex illness, often accompanied by various other infections and conditions. As a result, healing from Lyme disease can prove quite challenging; puzzling both patients and doctors alike. Conventional medicine, which uses long-term antibiotics to treat chronic Lyme disease, not only fails to help many Lyme disease patients, but also is notorious for causing damage to their body systems. Natural medicine, on the other hand, has proved helpful for many who have failed the conventional treatment path. Unfortunately, Lyme herbalists and naturopathic doctors are relatively scarce, and treatments can be expensive. Insurance does not typically cover herbal medicine and other natural treatments. This, along with the fact that many become confused and lost while trying to treat

themselves naturally, leads many to feel their only choice is to opt for conventional treatment methods. It is clear that more practical herbal treatments, along with an in-depth and easy-to-understand guide to walk patients through the natural treatment process, are in great demand. In response to this problem, *Cannabis for Lyme Disease and Related Conditions: Scientific Basis and Anecdotal Evidence for Medicinal Use* was born. White's personal experience treating her own Lyme disease with cannabis and using it to lessen symptoms during treatment, along with the awareness that many people with Lyme disease are interested in using cannabis to treat themselves and/or ease their symptoms (but have many unanswered questions on how to do so) inspired her to write the book. The book aims to answer frequently asked questions and offer a foundation for developing a personalized treatment plan. The book also covers various aspects of cannabis and its medicinal uses, including its antibacterial properties, chemical

constituents, strains, forms and methods of use and recipes, safety, and legal factors. White addresses how different cannabis strains and methods of consumption can ease discomfort during treatment by reducing some of the most prominent symptoms present in Lyme disease and related conditions.

Natural & Herbal Remedies for Carpal Tunnel Syndrome - Norma Pasekoff Weinberg
2000-06-26

Do you have: Recurrent numbness, pain, or tingling in your fingers, wrist, or hand? Does it persist at night? Can it be "shaken" out? A sense of weakness in your hand? Loss of feeling of heat or cold in your hand? If you answered yes to these questions, you may be suffering from carpal tunnel syndrome. If not detected and treated, this common condition can quickly become disabling. Once the diagnosis is in, the first treatment recommended is often surgery. However, such extreme measures aren't always necessary. In *Natural & Herbal Remedies for*

Carpal Tunnel Syndrome, Norma Pasekoff Weinberg offers strengthening hand exercises, gentle stretches, and herbal recipes that ease pain and encourage the body to heal itself. With attention to ergonomics and these simple remedies, most cases of carpal tunnel syndrome can be resolved -- or even avoided -- naturally and effectively.

Herbal Treatment of Children - Anne McIntyre 2005-09-07

A comprehensive and authoritative text providing information on the usefulness, effectiveness and appropriateness of the use of herbal remedies in childhood. A practical guide to the safe and effective use of herbal medicines in pediatric primary care, written by a respected and internationally known expert Easily accessible information ensures quick reference in practice Case histories and practical tips make this an essential companion for all professionals in primary care

Alternative Cures - Bill Gottlieb 2008-08-26

When your health is at risk, you want to consider every option. In *Alternative Cures*, three hundred of America's top doctors and natural healers—herbalists, nutritionists, homeopaths, and naturopaths—share more than one thousand safe and effective remedies for many health concerns. Inside you'll discover • a nutrient that blocks the side effects of arthritis drugs • a two-nutrient combo that can help cure chronic fatigue • an herbal “cocktail” that stops common flu symptoms in twenty-four hours • an amino acid that works as well as Viagra • a group of remedies that rein in high blood pressure • a natural hormone cream that rebuilds bones • a home remedy that stops sugar cravings immediately Plus, there are easy-to-follow illustrations of healing exercises and pain-relieving pressure points—along with guidance on when to seek a professional. *Alternative Cures* provides not only health advice but peace of mind. “A valuable resource of alternative and integrated medicines.” —Elson M. Haas, M.D.,

author of *The False Fat Diet*
Cassette Books - Library of Congress. National Library Service for the Blind and Physically Handicapped 1978

Making Herbal Hand Creams and Salves (Storey's Country Wisdom Bulletin A-256) -

Norma Pasekoff Weinberg 2000-07-01
Sensational Recipes for Silky-Smooth Hands! Experience the best moisturizers that nature has to offer! Whether you're an office worker or a stone mason, a gardener or a mechanic, chances are your hands could use some love and attention. Help is here! In "Making Herbal Hand Creams and Salves," you'll find easy-to-follow recipes for more than twenty all-natural lotions and creams designed to hydrate, replenish, and smooth your skin for a beautiful, silky feeling. Author Norma Weinberg also offers expert advice on healing dry, cracked skin; softening calluses; soothing inflamed, sore cuticles; preventing premature skin aging; and removing

age spots, as well as essential information on evaluating commercial products.

Natural Skin Care at Home - Liz McQuerry

2020-02-04

More than 80 recipes to pamper yourself from head to toe! Through years of herbal studies and running her natural skin care line, Moon Magic, author Liz McQuerry has accumulated a wealth of knowledge and recipes that she's sharing for the first time in *Natural Skin Care at Home*.

McQuerry's products are organic, and nearly all of them are vegan (beeswax is used in some).

Main ingredients are easy to come by and include shea butter, cocoa butter, oils (olive, sunflower, castor, jojoba, avocado), plants and flowers, herbs and resins, minerals, clays, salts, sugars, soaps, and more. If you want to get your hands on great recipes, learn about your specific skin care needs, create thoughtful, handmade gifts, or start selling your own line of skin care products, this book is for you. Recipes will allow you to pamper yourself from head to toe, such

as: Stimulating Scalp Oil Mermaid Face Wash Green Goddess Facial Mask Evening Eyes Serum Chocolate Lip Buff Deodorant Cream Hand Butter Herbal Dusting Powder Jasmine Body Oil Coffee Sugar Scrub Fizzing Bath Salts Funky Foot Powder and more! With easy to follow, step-by-step instructions, photographs, resources, and gift set ideas, *Natural Skin Care at Home* is perfect for anyone looking to make their own products.

Naturally Healthy Skin - Stephanie L. Tourles
1999-01-09

Discover the joys of naturally healthy and radiant skin. Stephanie Tourles offers easy-to-follow recipes for making your own all-natural skin care products from essential oils, fruits, herbs, and flowers. With a holistic approach that includes not only moisturizers and spa-quality masks, but also nutritional supplements and daily beauty rituals, Tourles addresses common skin problems like acne, rashes, dryness, eczema, psoriasis, and sunburn. Forget the

harsh commercial chemicals, and be amazed at how good your naturally vibrant skin can feel.
Naturally Healthy Babies and Children - Aviva Jill Romm 2000

Romm--a mother, midwife, and practicing herbalist with first-hand clinical experience--gives parents practical steps they can take to keep their children healthy with a combination of regular medical care, herbal remedies, and nutrition. An easy A-to-Z format addresses common ailments affecting children.

Herbal Treatments for Healthy Hair - Greta Breedlove 1999-01-11

Since 1973, Storey's Country Wisdom Bulletins have offered practical, hands-on instructions designed to help readers master dozens of country living skills quickly and easily. There are now more than 170 titles in this series, and their

remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life.
Essential Oils for Dogs: Natural Remedies and Natural Dog Care Made Easy - Stacey Moore 2015-04-17

"Essential Oils for Dogs: Natural Remedies and Natural Dog Care Made Easy" carries the reader into the world of essential oils. After a working definition is provided, the author then goes into detail about the various uses of essential oils in the care of man's best friend. Essential oils are typically used by people who don't want to use chemically based treatments to cure certain problems. It is never usually considered as an alternate treatment for pets. The author provides information on the types of essential oils that can safely be used on dogs and the best ways to administer said oils.