



# The Natural Remedy Bible

*John Lust, Michael Tierra*

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**The Natural Remedy Bible** John Lust, Michael Tierra

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*The Natural Remedy Bible* will help you work with nature to restore and maintain the gift of good health -- naturally. In this comprehensive, easy-to-use guide you'll find:

- *An alphabetical listing of over 200 common illnesses*, fully defined and described with symptoms and causes
- *Prescribed natural methods of treatment*, including herbal remedies, water therapy, exercise, vitamins, and nutritional foods for successful healing
- *Step-by-step instructions for proper methods of application*, from baths and herbal additives to compresses and facial packs
- *A complete dictionary of resources*: food, herbs, even health and beauty aids

**...and much more in this invaluable reference that makes healing a natural, harmonious process -- and puts you on the path toward lifelong well-being.**

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