

## NEW CHOICES IN NATURAL HEALING Pdf%0A

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Herbs and Spices One of the new choices in natural healing that is being accepted and embraced more and more is herbalism. Herbalism is a process that initiates the use of herbal medicines for treatment of different ailments. Herbal medicines are basically created using various medicinal properties of plants and seeds. Some of the herbs used most commonly include:

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The first book to take alternative medicine out of its mystical fringe and into the mainstream, *New Choices in Natural Healing* features more than 20 unique alternative remedies for each of 160 health problems, from acne to wrinkles, plus practical explanations of 20 natural therapies, from aromatherapy to vitamin therapy.

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"Written in consultation with Adriane Fugh-Berman, M.D., formerly with the Office of Alternative Medicine at the National Institutes of Health, *New Choices in Natural Healing for Women* offers advice that women can trust. [Download \[PDF\] New Choices In Natural Healing Free Online ...](#)

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