



The Natural Remedy Book for Women

Diane Stein

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The Natural Remedy Book for Women is every woman's self-help guide to holistic health care.

Part 1 presents ten natural healing options in depth—vitamins and minerals, herbs, naturopathy, homeopathy, cell salts, amino acids, acupuncture, aromatherapy, flower essences, gemstones and emotional healing.

Part 2 describes fifty common health issues and diseases and provides a complete list of natural remedies for each illness. As in her previous books, Diane Stein emphasizes self-healing, simplicity, and a return to the ways of the earth.

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