



# **Herbal Remedies - Discover the Top 15 Medicinal Plants and Their Benefits for Your Health and Beauty (Organic antibiotics and antivirals, herbal ... ancient herbal medicine) (Volume 19)**

*Carmen Mckenzie*

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## **Discover the Top 15 Medicinal Plants and Their Benefits for Your Health and Beauty**

**\*\*\* BONUS! : FREE Natural Remedies Report Included !! \*\*\***

**\* \* \* LIMITED TIME OFFER! \* \* \*** The world is full of people that just take medicine at every minute sign of sickness. Doctors prescribe antibiotics after a 5 minute check-up because your symptoms could possibly need antibiotics for treatment. Aspirin has become a regular part of most people's diets. One in the morning, one at night. If you are feeling a little lively that day, one at lunch.

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But, on the positive side, it hasn't had to face the rigorous testing stages most people abhor, such as animal testing, beta testing on people, etc. One thing people don't realize though is that for most new medicines, we are the first round test subjects. They don't know what the long term effects will be. Instead, natural and herbal remedies have been tested over thousands of years. Most early cultures were able to treat their illnesses by natural means. These natural means were then applied and used for many, many generations. There is then more practical data for these medicines than modern medicines. The symptoms it treats are better understood. The side-effects are better known.

- Chapter 1: Before There Was Aspirin
- Big Pharma and Big Beauty
- What We'll Discuss
- Chapter 2: Sleep Remedies
- Valerian Root
- Chamomile

- Conclusion
- Chapter 3: Herbal Remedies for Sicknesses
- Echinacea
- Thyme
- Licorice Root
- Garlic
- Ginger
- Conclusion
- Chapter 4: Arthritis and Pain Relief
- Willow Bark
- Ginger
- Conclusion
- Chapter 5: Skin and Hair Care
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- Spruce
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- Conclusion
- Chapter 6: Coming to an End

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