



Herbal First Aid

Gerard Strong

Download now

[Click here](#) if your download doesn't start automatically

Herbal First Aid

Gerard Strong

Herbal First Aid Gerard Strong

In this Book, you will learn how to prepare a simple herbal first aid kit for common emergencies. In addition you will learn how to prepare the herbs that are in ointments, oils and teas and you will learn what they are good for.

Herbal medicine is the great-great-grandmother of medicine. It is the body of medical knowledge that has been passed down from generation to generation since the early days of humanity. It is the use of simple, whole plants, complete in their natural balance of minerals, vitamins, enzymes, and active ingredients.

The human body in good working order is a natural balance of all the elements found in the earth and the plants that live on the earth. The common dandelion, for instance, has a composition of minerals, vitamins, enzymes, and active ingredients almost identical to the human liver. As a remedy, the dandelion answers the needs of every liver complaint or imbalance you can name. A number of doctors refer their hepatitis patients to me because they have seen the results of dandelion in action. After three weeks of dandelion tincture treatment (ten drops taken four times daily), my hepatitis patients are well enough to go out dancing.

It is a truth that stands to reason that the nearer we stay to the whole and natural balance of the earth and its plants, the nearer we are to our own natural balance, which we experience as health.

Herbal medicine is accessible and effective. You don't need to be a scientist to know that marigold (calendula) is antiseptic. You simply have to put it on a festering wound and watch the wound heal within twelve hours. It may be simple, but it is as effective as any and more effective than most of the chemical equivalents. You don't have to be a technician to prepare a cup of herbal tea or a poultice. Herbal medicine is the medicine of the people, and despite the sophistication of modern western medicine, it is still the preferred medicine of 90 percent of the world's population.

An herbalist today has a much wider choice of remedies than the ancient herbalists thanks to the travellers over the ages who consciously or unconsciously carried with them the seeds of their native foliage. The humble plantain is called Englishman's Foot because it sprouted wherever the English stepped. Such instances have caused ecological disasters within delicate ecosystems, but they do give herb gatherers a wide variety.

No medicine chest would be large enough to house a complete herbal pharmacy. This book is a selection of a small number of herbs that most effectively treat the widest possible range of common emergencies and are readily available from health food stores, herbal pharmacies, and natural food stores in the forms described. The purpose of this book is a practical one: to fill in the gaps of information found in most popular herbals. What is the benefit of knowing that chamomile is good for the eyes if you don't know how to prepare it and how to use it?

 [Download Herbal First Aid ...pdf](#)

 [Read Online Herbal First Aid ...pdf](#)

Download and Read Free Online Herbal First Aid Gerard Strong

From reader reviews:

Karen Johnson:

Now a day people who Living in the era just where everything reachable by match the internet and the resources included can be true or not involve people to be aware of each details they get. How many people to be smart in getting any information nowadays? Of course the reply is reading a book. Looking at a book can help persons out of this uncertainty Information particularly this Herbal First Aid book because this book offers you rich data and knowledge. Of course the information in this book hundred per-cent guarantees there is no doubt in it everbody knows.

Joseph Sutton:

Nowadays reading books become more than want or need but also become a life style. This reading practice give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The details you get based on what kind of e-book you read, if you want have more knowledge just go with knowledge books but if you want really feel happy read one using theme for entertaining such as comic or novel. The actual Herbal First Aid is kind of publication which is giving the reader unstable experience.

Donna Bledsoe:

The particular book Herbal First Aid will bring one to the new experience of reading some sort of book. The author style to elucidate the idea is very unique. If you try to find new book to read, this book very appropriate to you. The book Herbal First Aid is much recommended to you to learn. You can also get the e-book from the official web site, so you can quickly to read the book.

Robert Journey:

What is your hobby? Have you heard that will question when you got learners? We believe that that issue was given by teacher with their students. Many kinds of hobby, Everybody has different hobby. And you know that little person just like reading or as reading through become their hobby. You should know that reading is very important and book as to be the matter. Book is important thing to provide you knowledge, except your current teacher or lecturer. You see good news or update in relation to something by book. Many kinds of books that can you decide to try be your object. One of them is niagra Herbal First Aid.

Download and Read Online Herbal First Aid Gerard Strong

#J5BDAWZ0RHL

Read Herbal First Aid by Gerard Strong for online ebook

Herbal First Aid by Gerard Strong Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Herbal First Aid by Gerard Strong books to read online.

Online Herbal First Aid by Gerard Strong ebook PDF download

Herbal First Aid by Gerard Strong Doc

Herbal First Aid by Gerard Strong Mobipocket

Herbal First Aid by Gerard Strong EPub