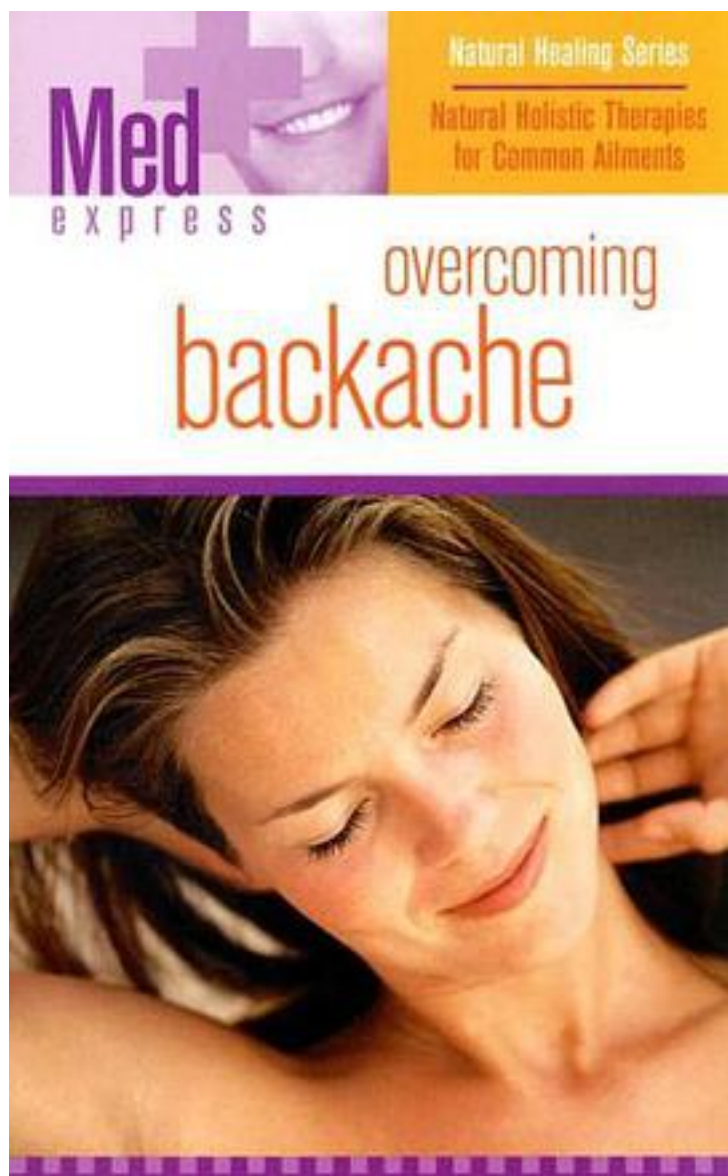


# Med Express



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## Book Description

### Overcoming Stress

Stress is a direct consequence of our demanding on-the-go lives. It can cause anxiety and even bring on illnesses. Natural holistic home remedies are a great way to help calm your nerves and fight stress. Here we discuss principle techniques for complementary remedies that can be done at home or outdoors.

- \* are you stressed out quiz
- \* relaxing yoga exercises
- \* massages and do-it-yourself massages
- \* stress fighting breathing
- \* advise on how to improve your lifestyle
- \* recipes and tips using healing herbs and essential oils; tinctures, steam vapors, and baths with essential oils
- \* foods that help to reduce anxiety and guide you to serene life, improving your health naturally.

Each technique is explained in detail and illustrated with full-color photos.

作者介绍:

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