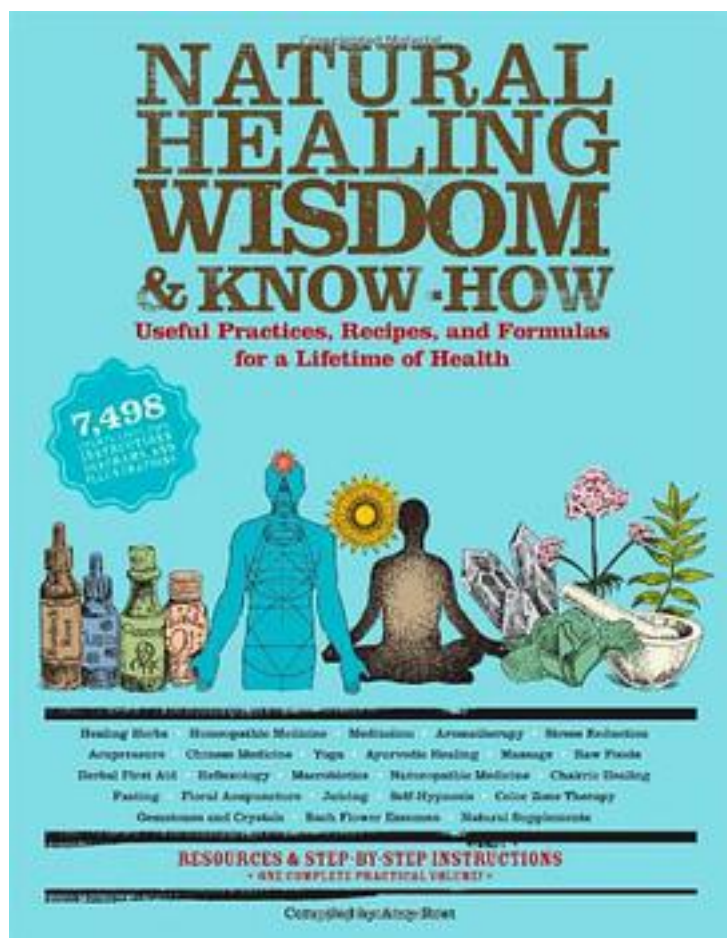


Natural Healing Wisdom and Know How



[Natural Healing Wisdom and Know How 下载链接1](#)

著者:Rost, Amy 编译

出版者:

出版时间:2009-6

装帧:

isbn:9781579128005

This is a complete home reference for natural and alternative health and healing. Chapters are organised by topic: Herbal Healing; Naturopathy; Homeopathy; Eastern Medicine; Energy Healing; Mind-Body Healing; Healing with Foods; Aromatherapy;

Colour Zone Therapy; Floral Acupuncture; Herbal Remedies; Raw Foods; Chinese Medicine; Ayurvedic Healing; Chakras; Spiritual Bathing; Natural Aphrodisiacs; Homeopathic Medicine; Acupressure; Gemstones & Crystals; Biofeedback; and Self-Hypnosis. This is a complete home reference for natural and alternative health and healing - from acupuncture to herbs and yoga - in the same best-selling format as the same publisher's previous 'Country Wisdom & Know How' and 'Survival Wisdom & Know How'. A special Index of Ailments and Symptoms appears at the front of the book to guide readers to useful methods and techniques to help them manage specific issues and problems. It features a huge format chunky paperback - as big as a phone book.

作者介绍:

目录:

[Natural Healing Wisdom and Know How_ 下载链接1_](#)

标签

评论

[Natural Healing Wisdom and Know How_ 下载链接1_](#)

书评

[Natural Healing Wisdom and Know How_ 下载链接1_](#)