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Healing Secrets of the Native Americans: Herbs, Remedies, and Practices That Restore the Body, Refresh the Mind, and Rebuild the Spirit

Porter Shimer

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In the tradition of Black Dog & Leventhal's successful *Chinese Natural Cures*, *Healing Secrets of the Native Americans* brings the age-old knowledge and trusted techniques of Native-American healing to a wider audience. From this clear, reliable, and beautifully packaged book, learn how Native Americans have used the bountiful gifts of nature to heal the mind, the body, and the spirit. Discover how the Native-American tradition uses plants and herbs, heat, movement and sound, visualization, and spirituality to heal dozens of everyday ailments and illnesses--from back pain to insect bites to flu and sore throat and much more.

Broken into sections, the book covers such topics as "The Healing Spirit" (including dream therapy, spirituality, and prayer), "The Native American Spa" (healing with heat, massage, sound and movement, and nutrition), "The Native American Pharmacy" (including more than 40 herbs and plants, how to obtain them, and how to use them), plus remedies for more than 40 ailments from acne to wrinkles.

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Louetta Cantrell:

People live in this new morning of lifestyle always attempt to and must have the spare time or they will get lots of stress from both way of life and work. So , once we ask do people have time, we will say absolutely without a doubt. People is human not really a huge robot. Then we inquire again, what kind of activity do you possess when the spare time coming to anyone of course your answer may unlimited right. Then do you ever try this one, reading publications. It can be your alternative in spending your spare time, often the book you have read will be Healing Secrets of the Native Americans: Herbs, Remedies, and Practices That Restore the Body, Refresh the Mind, and Rebuild the Spirit.

Dan Morris:

Playing with family within a park, coming to see the ocean world or hanging out with buddies is thing that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Healing Secrets of the Native Americans: Herbs, Remedies, and Practices That Restore the Body, Refresh the Mind, and Rebuild the Spirit, it is possible to enjoy both. It is fine combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

William Vong:

Healing Secrets of the Native Americans: Herbs, Remedies, and Practices That Restore the Body, Refresh the Mind, and Rebuild the Spirit can be one of your starter books that are good idea. We recommend that straight away because this reserve has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her

effort to set every word into pleasure arrangement in writing Healing Secrets of the Native Americans: Herbs, Remedies, and Practices That Restore the Body, Refresh the Mind, and Rebuild the Spirit nevertheless doesn't forget the main level, giving the reader the hottest in addition to based confirm resource information that maybe you can be among it. This great information can certainly drawn you into brand-new stage of crucial pondering.

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