



## Food Herbs and Oils: All Natural Remedies (Paperback)

By Yvonne P Johnson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In this modern world we live in today, there are many pollutants, the foods are being over processed and many preservatives are added to increase shelf life. These preservatives may be harmful to our health, especially when taken in large amounts. Most of the processed foods have lesser nutrients than foods in their natural state. Is it any wonder why most people are hoping for the intervention of natural remedies to improve their health? Food, Herbs and Oils support the body s natural healing process and therefore; they are used for treatment or to bring back balance in a particular system in the body (they have proven therapeutic properties like boosting health, improving skin conditions, easing stress and generally benefiting the body and mind). Nature provides us with a wide range of extraordinary Foods and Herbs; they may be used in the form of extracts, tinctures, teas or even tablets. All natural home remedies in this book will include the use of Food Herbs and Oils. An herb is either a plant or part(s) of a plant that is...



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