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Herbs And Essential Oils For Aches And Pains (Natural Home Remedies Book 9)

Elizabeth Summers

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Herbs And Essential Oils For Aches And Pains (Natural Home Remedies Book 9) Elizabeth Summers During every stage of life we experience the simple aches and pains of living, be it from a physical job or an especially active day, sports or an injury, or even from some chronic condition. Most people turn to the likes of ibuprofen or aspirin, but the simple fact is that these drugs are unnatural chemicals that have a number of alarming side effects and risks, not to mention an incredible stressful and wasting impact on our liver and other organs. Instead, try turning to natural herbs, which not only are effective and avoid the numerous health risks of pharmaceuticals, but offer many additional health benefits beyond the treatment you are seeking. A regular regimen of the proper herbs does not only keep down unpleasant symptoms, but helps cultivate and maintain a vibrant level of health and lifestyle that allows you to truly thrive.

Elizabeth Summers has been working with herbs and natural medicine for over twenty years, starting by working with friends and family and eventually branching out into the community and the world of medicine out of a profound need to help people. We live in a sick world, and her written work is one way to try to spread the simple but profound health inherent in nature to those who need it. Elizabeth has written on dozens of natural and homeopathic topics, from acute injuries and disease, to diet, pregnancy, and simply trying to thrive in a world of plenty that unfortunately usually leads to dysfunction instead of health. Look for her many other natural remedies pieces here on Amazon!

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