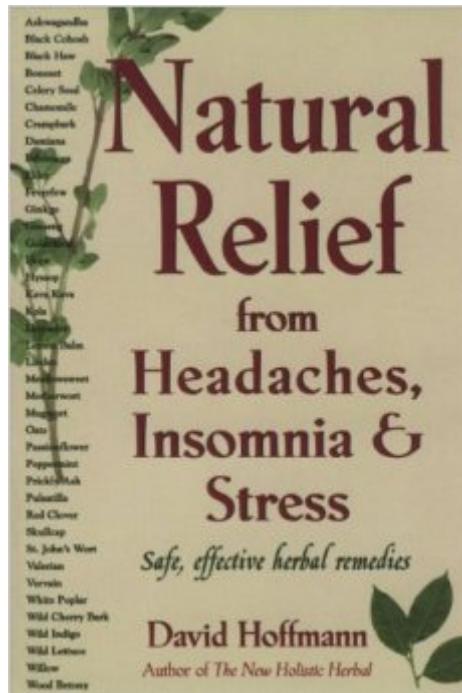


The book was found

Natural Relief From Headaches, Insomnia & Stress: Safe, Effective Herbal Remedies



Synopsis

An introduction to the biological, psychological and spiritual benefits of plants. Herbal remedies for insomnia range from camomile to valerian, for headaches there are treatments using feverfew, cayenne and echinacea, and there are treatments for tension, PMT and depression.

Book Information

Paperback: 144 pages

Publisher: Keats Publishing (July 1999)

Language: English

ISBN-10: 0879839821

ISBN-13: 978-0879839826

Product Dimensions: 8.2 x 5.4 x 0.6 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #4,680,229 in Books (See Top 100 in Books) #96 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #2185 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #2318 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Customer Reviews

This book is incredibly helpful and easy to understand. I would definitely recommend it to anyone who is interested in medicine.

[Download to continue reading...](#)

Natural Relief from Headaches, Insomnia & Stress: Safe, Effective Herbal Remedies Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies,herbal antibiotics and antivirals) Herbal Remedies: 30 Herbal Recipe Remedies From My Private Collection: Proven Herbal Recipes That Work! (Herbal Recipes Private Collection Book 1) DIY Herbal Gardening - Learn The Benefits Of Planting The Top 5 Medicinal Plants (Herbal Gardening, DIY Herbal Gardening, Medicinal Plants, Herbal Medicines, Herbal Cure) Herbs to Relieve Headaches: Safe, Effective Herbal Remedies for Every Type of Headache (Good Herb Guide Series) Alternative Medicine Made Easy: How to Use Simple

Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Herbal Remedies:The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics,: herbs,Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies Homeopathic Guide to Stress: Safe and Effective Natural Way to Alleviate Physical and Emotional Stress Anxiety, Guilt, Shame, Depression, Loss, Illness and Injury, Negative Effect Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) Naturally Sinusitis Relief FAST: Top effective home remedies to instantly stop sinus infection: - A quick read and easy steps for headache relief & nasal treatment - Simple treatments guarantee Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity! (Bath Bombs, Stress Relief, Bath Bombs Recipes) THE SLEEPLESS STARS: the Fatal Insomnia Finale (Fatal Insomnia Medical Thrillers Book 3) A RAGING DAWN: A Novel of Fatal Insomnia (Fatal Insomnia Medical Thrillers Book 2) FAREWELL TO DREAMS: A Novel of Fatal Insomnia (Fatal Insomnia Medical Thrillers Book 1) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Natural Remedies For Colds And Flu: How To Boost Your Immune System, Protect Yourself Naturally and Prevent Colds and Influenza with Herbal Remedies and Easy Lifestyle Changes Tinnitus: Effective Treatments For Permanent Tinnitus Relief - How To Stop Ear Ringing With Natural Remedies! (Tinnitus Miracle, Tinnitus Cure, Hearing Loss)

[Dmca](#)