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**Alyssa J. Bancroft**



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New Age ,1982-08      **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1975

**National Union Catalog** ,1982      Llewellyn's Book of Natural Remedies Vannoy Gentles Fite,2020-04-08 Discover Hundreds of Holistic Remedies and Wellness Tips Llewellyn s Book of Natural Remedies shares a powerful integrative approach to healing and living a more natural life Author Vannoy Gentles Fite shares effective remedies for more than a hundred ailments exploring contemporary and traditional techniques using common everyday ingredients Integrative medicine combines natural holistic approaches with mainstream medicine In this book each ailment includes treatments using essential oils herbs Ayurveda and home remedies The recipes are easy to locate based on your specific needs and they include materials you can typically find in your home From balms and baths to tinctures and wraps these outstanding remedies will support your healing process as you live your best possible life One of BookAuthority Org s 19 Best Holistic eBooks to Read in 2020      Subject Catalog Library of Congress,1981      The Complete Guide to Herbal Remedies and Natural Home Cures: Heal Common Ailments and Boost Everyday Wellness Tatiana Morris,2025-05-07 This ebook is a comprehensive beginner friendly manual for anyone ready to take their health into their own hands using natural time tested herbal remedies Whether you re just starting your herbal journey or looking to expand your knowledge this guide will walk you through everything you need to know to create powerful healing remedies from the comfort of your home Discover how to work with herbs safely confidently and effectively to support your body through common ailments seasonal changes and everyday stress No prior experience required just a desire to reconnect with nature and reclaim your wellness Inside this practical guide you ll learn how to Understand herbal basics and build your own home apothecary from scratch Source herbs by growing foraging or purchasing the right way Make herbal teas infusions decoctions tinctures oils salves and syrups Use natural remedies for headaches colds digestion sleep anxiety skin care and more Incorporate herbs into daily routines to support immune strength energy focus and emotional balance Blend herbs for specific needs from calming adaptogens to hormone balancing formulas Store and preserve your herbal creations safely and effectively Perfect for beginners this book includes Step by step instructions with clear easy to follow recipes Practical tips on dosage safety and customization A guide to 25 essential herbs and their healing properties Sustainable and affordable options for every budget Whether you re healing your family naturally reducing reliance on pharmaceuticals or simply looking to live a more grounded plant based lifestyle      **The Hidden Herbs** Alyssa J. Bancroft,2024-11-04 FEEL ENERGIZED BALANCED AND TRULY ALIVE WITH THE HIDDEN HERBS BOOK WITHOUT RELYING ON PHARMACEUTICALS Are you tired of dragging yourself through the day feeling overwhelmed by stress and wondering if you ll ever get your energy back Do you dream of a natural simple way

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Crellin, Jane Philpott, A. L. Tommie Bass, 1990 Volume 2      Everybody's Magazine, 1902      **Drugs and the American Dream** Patricia A. Adler, Peter Adler, Patrick K. O'Brien, 2012-02-28 Drugs and the American Dream presents an up to date anthology of chiefly contemporary readings that explore the myriad sociological correlates of licit and illicit drug use in the United States Unique approach to the topic that offers an organizing theme of sociological concepts age social class ethnicity gender as well as societal response to drug use including drug education treatment and policy The book is interdisciplinary in terms of approach making it useful in a variety of contexts Includes a wide array of ethnographic articles that place reader directly into the perspectives of drug users through their own voices Brief framing introductions to each article provide interconnective tissue guiding the student to the heart of what's important in the piece that follows Offers a balanced approach to various substances tobacco alcohol prescription drugs and illegal drugs Provides students with a realistic perspective on the extent of substance use in American society as well as a critical appreciation of the real versus imagined harms associated with use of various substances      **Library of Congress Catalogs** Library of Congress, 1980

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