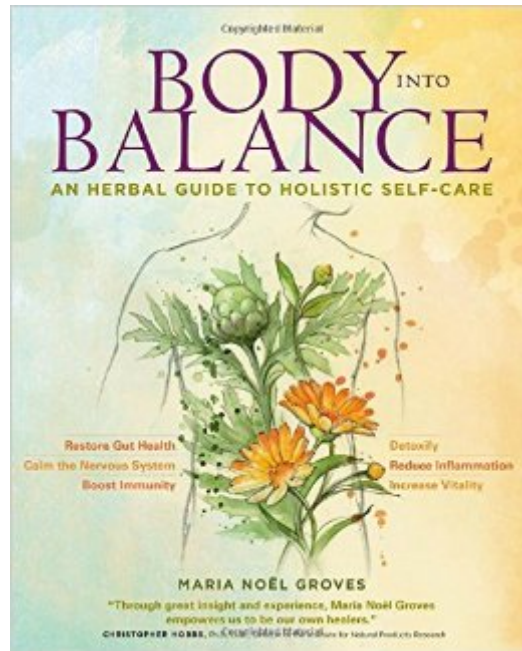


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# Body Into Balance: An Herbal Guide To Holistic Self-Care



## Synopsis

An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noë Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

## Book Information

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## Customer Reviews

I would like to thank Storey Publishing for providing me with a free ARC of this book in exchange for an open and honest review. Where to start? Another simply amazing book from a publisher I can't seem to fault. "Body into Balance" was a breath of fresh air for this wannabe herbalist. Clear, concise and easy to read formatting, glorious pictures and a really good overall tone were all used in this book. What do I mean by the tone? Well, reading it felt welcoming. You could tell the person who had written it was passionate not only about the topic, but about SHARING this

knowledge with others. I love the introductory where it went over the basics, went over the reason for the book and all in all helped the reader ease into what it was all about. You could read this entire book from end to end just to learn what it's all about, but I could really see myself referring to sections of it as needed. The balance is true too. This is not a book telling you to ignore modern medicine and the like, but simply to allow herbal remedies be part of your health routine alongside a decent holistic medical practitioner. Seriously, this is my way of thinking and therefore definitely my kind of book. And I strongly recommend people read the introduction - it is well worth it and is filled with valuable information on how to use the book, what herbal health is all about and a lot of other wonderful information. So even if you're just going to use it as a reference guide - read the intro first! It really is aimed for the novice through to the advanced herbalist and it's there for a reason - so read it!

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