



Herbal Medicine and Home Remedies Box Set: Herbal Remedies, Turmeric, Apple Cider Vinegar, Coconut Oil & Essential Oils

Linda Harris, Amanda Hopkins

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Herbal Medicine and Home Remedies Box Set (4 in 1)

Included Books

Herbal Remedies: How to Use Natural Herbal Remedies to Treat Colds, Arthritis and Other Common Illnesses

Turmeric Curcumin: Superfood for Optimal Health: 18 Quick and Tasty Turmeric Recipes to Heal Cancer, Arthritis and Alzheimer's

Apple Cider Vinegar and Coconut Oil: Superfoods to Lose Weight, Look Younger and Improve Your Health

Essential Oils for Beginners: How to Use Essential Oils to Reduce Stress, Lose Weight and Heal Your Body

Many people are finding that modern pharmaceuticals don't come without side effects and other factors that could be dangerous to their health; so, they are turning to more natural health solutions. Whether it is treating a headache, chronic condition or the common cold, there are herbal remedies that will help you feel better. In fact, these natural remedies are often much better for your health than some of the over-the-counter or prescription medications that can cause dangerous side effects.

This comprehensive box set introduces some of the most commonly used herbs as well as the best natural home remedies. You will learn:

- **How to use healing herbs**
- **Herbal remedies for colds, arthritis, stomach upset or weight loss**
- **The outstanding health benefits of turmeric**
- **18 Delicious turmeric recipes**

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Apple cider vinegar and coconut oil have been growing in popularity. These superfoods have active components that can fight off bacteria, fungus, and yeast and even regulate metabolism. People who use

apple cider vinegar and coconut oil on a regular basis report having fewer digestive issues, weight loss and a much healthier appearance. In this box set, you will discover:

- The many benefits of using apple cider vinegar and coconut oil
- Home remedies that use apple cider vinegar and coconut oil
- Delicious apple cider vinegar and coconut oil recipes

For many centuries, essential oils have had an important part in healing and medicinal purposes. Today, essential oils are again gaining in popularity as healthcare practitioners and consumers are discovering the many great benefits they can provide.

This box set offers readers a comprehensive guide to not only understanding essential oils, but also in how to use them. By reading the box set you'll also learn:

- **What these essential oils are and how you can use them**
- **A summary of some of the benefits provided by many common essential oils, like eucalyptus, lavender and peppermint oils**
- **Effective essential oil recipes to reduce stress, lose weight and treat acne**
and many more!

The remedies in this book will not only help you feel better, but will keep you balanced through holistic energy.

Order Your Copy of *Herbal Medicine and Home Remedies Box Set* Today!

TAGS: herbal remedies, turmeric, curcumin, herbal remedies for healing, apple cider vinegar for weight loss, coconut oil for weight loss, essential oils, natural remedies, holistic medicine, alternative medicine, homeopathic remedies, home remedies, turmeric supplement, curcumin benefits, turmeric benefits, apple cider vinegar cures, apple cider vinegar benefits, coconut oil for beginners, coconut oil recipes, apple cider vinegar diet, essential oils for beginners, essential oil guide, essential oil recipes, essential oils for weight loss, aromatherapy

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Mohammed Strohl:

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