



Secretos de la Farmacia Natural;

Lynne Paige Walker, Ellen Brown, Ellen Hodgson Brown, Dr. Lynne Paige Walker

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The definitive, A-to-Z guide to combating disease and enjoying optimal health-naturally, now in Spanish.

Secretos de la Farmacia Natural covers 200 common conditions, ranging from acne to Lyme disease to whooping cough. For each disorder, readers will discover the underlying causes, warning signs, and best methods for treatment. The authors compare traditional "doctor's orders" with natural alternatives, including herbs, nutritional supplements, and essential oils. They also offer plenty of targeted tips on diet, exercise, meditation, color therapy, motivational thinking, and other health-boosters.

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