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Healthy Solutions: A Guide to Simple Healing and Healthy Wisdom

David Russell, Lynn Wiese Sneyd

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Healthy Solutions: A Guide to Simple Healing and Healthy Wisdom David Russell, Lynn Wiese Sneyd The information in Healthy Solutions can help readers maintain and enhance their own health. Readers will come to understand how natural medicine views health, disease, and healing. Also, how to interpret the body's reaction to illness, and become familiar with self-care remedies for more than 50 health conditions. Explains how to use homopathic tissue salts for treating symptoms, and how to master the therapeutic uses of herbs, spices, and foods.

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