

The Family Wellness Guide: From Mother Earth With Love - Tara Fellner

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The Family Wellness Guide is a soothing mix of history, basic information, and practical suggestions for keeping your whole family well. It covers such areas as herbs, flower remedies, homeopathy, and aromatherapy, and includes a definitive Guide to Common Ailments. The author also provides her "Top Twelve" recommendations, such as "Mother Earth's Top Twelve Healing Herbs". This comprehensive book is unique in its additional focus on children, and not only discusses childhood ailments in each chapter, but also provides games and stories for children throughout the text. Specific chapters on bathtime and bedtime rituals will create a sense of well-being for the entire family. "...correlates the health connection between humans & mother nature...with chapters on herbs, homeopathy, flower essences, and aromatherapy." Author: Fellner, Tara Publisher: Journey Editions Illustration: N Language: ENG Title: The Family Wellness Guide: From Mother Earth with Love Pages: 00271 (Encrypted EPUB) / 00271 (Encrypted PDF) On Sale: 1998-04-15 SKU-13/ISBN: 9781885203625 Category: Health & Fitness : Healthy Living

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