

Mood Enhancing Plants - Chrissie Wildwood

[DOWNLOAD HERE](#)

Chrissie Wildwood is an international aromatherapy educator and best-selling author of fourteen books on aromatherapy, herbal medicine and other natural therapies. Here she has written a unique book to delight plant enthusiasts everywhere. Focussing on the less explored beneficial effects upon mood of common herbs and healing plants, it provides thoroughly researched up-to-date information previously unavailable in a single volume. And you don't have to be unwell to benefit from mood-enhancing plants. For herbs, fragrant flowers, plant essences and traditional incense can be used to enrich your daily life. -Presents safe options to chemical anti-depressants and tranquillisers, including the mood-enhancing benefits of diet, healing music and contemplation of living plants. -Gives a cornucopia of recipes and ideas for healing disharmonious states of being, preventing the development of stress-related illness and engendering an inner sense of wellbeing. -Promotes the use of herb combinations tailored to individual need, with detailed instruction on preparing your own plant remedies, essential oil blends and inspirational incenses. -Provides botanical, biochemical, pharmacological, and traditional data on around one hundred healing plants, including those used by indigenous peoples for sacramental purposes. -Encourages the development of ecological awareness, the reawakening of our deep connection with the living Earth. -With mood-enhancing plants, you can engender tranquility, revitalisation, mental clarity, romance, creative inspiration, contemplation and a sense of celebration! Author: Wildwood, Chrissie
Publisher: Ebury Digital Illustration: N Language: ENG Title: Mood Enhancing Plants Pages: 00415
(Encrypted EPUB) On Sale: 2011-09-30 SKU-13/ISBN: 9780852073582 Category: Body, Mind & Spirit : General

[DOWNLOAD HERE](#)

Similar manuals:

[Body Of Water Mit Foliage Starnberg Lake Bavaria Germany](#)

[Body Of Water Mit Foliage Starnberg Lake Bavaria Germany](#)

[Painted Dirty Hands Bodypainting Finger Colors](#)

[Morning Spirit With Mist At A Mountain Lake Loedensee Near Reit Im Winkl Upper Bavaria Germany](#)

[Neu-Ulm Swabia Bavaria Germany Reminders Of The Former German Fortress Now Recovery Area And Park](#)

[Neu-Ulm Swabia Bavaria Germany Reminders Of The Former German Fortress Now Recovery Area And Park](#)

[Wood With Branch Holes Reminds Of A Face](#)

[BRD Germany Bavaria Upper Bavaria Capitol Of Bavaria Odeons Square Hall Of Generals With Lion And The Theatiner Church Towers Of Theatiner Church](#)

[Munich, DEU, 20. May 2005 - Donnersberger Bridge In Munich, On Right Hand Side Is The General Customs Office Visible.](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Column Built In 1834 By Architect Auguste Montferrand N](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Column Built In 1834 By Architect Auguste Montferrand N](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Column Built In 1834 By Architect Auguste Montferrand N](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate General Staff Building To The Big Square](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Column Built In 1834 Near Eremit](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Column Built In 1834 Near Eremit](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Column Built In 1834 Near Eremit](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Column Built In 1834 Near Eremit](#)

[GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square](#)

[GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Column Built In 1834 By Architect Auguste Montferrand N](#)

[GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Column Built In 1834 By Architect Auguste Montferrand Near Eremitage](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Big Square With Alexander Column Built In 1834 By Architect Auguste Montferrand And The Building Of General Staff And The](#)

[White Nights, GUS Russia St Petersburg 300 Years Old Venice Of The North At The Royal Field Memorial For Generalism Alexander Suworow](#)

[Figure Of Maria In Mindelheim - Bavaria](#)

[Body Print Of A Praying Muslim Towards Mekka, Libya](#)

[Female Bust, Upper Part Of Womans Body](#)

[Female Bust, Upper Part Of Womans Body](#)

[Female Bust, Upper Part Of Womans Body](#)

[Mindelheim Swabia Bavaria Germany City Hall Mit The Memorial Of Georg I. Von Frundsberg The Last Leader Of The Lansquenets](#)

[Body Reflection - Woman Stands On Sandy Beach At The Sea](#)

[Privat Jet Behind A Security Fence At General Aviation Area At Munich Airport Bavaria Germany](#)

[The New Whisky Runs From The Still Into The Spirit Safe. Ardbeg, Isle Of Islay, Scotland.](#)

[The Spirit Safe, Heart Of Any Distillery. The New, Pure Whisky Ist Running Out Of The Stills Into The Safe.](#)

[Spirit Level: Everything In The Plumb Bob!](#)

[Coconut Palm On The Island Of Mindoro Philippines](#)

[Oversized Monument Gear-wheel, Lorry And Hands Reminding On Miners With Blue Sky At Valle-Mi, Concepcion, Paraguay](#)

[Mind Your Head](#)

[Sarcastic Sign For Welcoming People At The Lonesome Military Station QuotGeneral Eugenio Agarrayquot At The Deserted Border Between Paraguay And Bolivia, Gran Chaco Welcome At General Eugenio Agar](#)

[Old Oak-tree Reminding Peace, The End Of A War, Near Villmar In The Valley Of River Lahn, Hesse, Germany](#)

[Old Oak-tree Reminding Peace, The End Of A War, Near Villmar In The Valley Of River Lahn, Hesse, Germany](#)

[Old Oak-tree With Wooden Bench, Reminding Peace, The End Of A War, Near Villmar In The Valley Of River Lahn, Hesse, Germany](#)

[Historical House At The Market Place In Minden, Teutoburg Forest, North Rhine-Westphalia, Germany](#)

[Proviand Magazin, Historical Part Of Town, Minden, Teutoburg Forest, North Rhine-Westphalia, Germany](#)

[Proviand Magazin, Historical Part Of Town, Minden, Teutoburg Forest, North Rhine-Westphalia, Germany](#)

[Sign Monument, Historical Part Of Minden, Teutoburg Forest, North Rhine-Westphalia, Germany](#)

[Sign Monument, Historical Part Of Minden, Teutoburg Forest, North Rhine-Westphalia, Germany](#)

[Market Place With Historical Town Hall, Minden, Teutoburg Forest, North Rhine-Westphalia, Germany](#)

[Bronze Statue Of The Great Elector, Minden, Teutoburg Forest, North Rhine-Westphalia, Germany](#)

[Municipal Theatre, Minden, Teutoburg Forest, North Rhine-Westphalia, Germany](#)

[Statue Of General Jose Gervasio Artigas, Plaza Uruguay, Asuncion, Paraguay](#)