

# **Ten Natural Remedies**

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# Reviews

This is the very best publication we have read through right up until now. It is one of the most incredible book we have read through. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Miss Celia Volkman)

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## **TEN NATURAL REMEDIES**



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Main Street Books. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.1in. x 5.4in. x 0.9in.Dr. James F. Balchs book Prescription for Nutritional Healing: A-to-Z Guide to Supplements established him as one of the most trusted authorities in the fields of alternative and homeopathic medicine. Now, in a groundbreaking new volume that may well revolutionize the way Americans think about their health, his potentially life-saving wisdom is more accessible than ever before. In 10 Natural Remedies That Can Save Your Life, Dr. Balch empowers readers to take action to protect their own health. He provides them with a better understanding of the healthy body and suggests natural remedies for medical problems, including: Barley grass, one of the richest sources of nutrients on earth, which has been shown in laboratory studies to prevent and successfully treat both breast and prostate cancer. Full-spectrum light and a change of habit, which in some cases can cure depression just as well as a drug. Dietary supplements. People need adequate levels of vitamins C and E to defend against harmful agents. The Three Gs--garlic, ginseng, and ginkgo--which have well-known beneficial properties. Dr. Balch shows readers how to achieve the best results. Using plainspoken common sense and anecdotal examples featuring his own patients, Dr. Balch demystifies the language of health, providing important and readily available remedies that can literally save lives. With plainspoken common sense and examples from the case histories of Dr. Balchs own patients, TEN NATURAL REMEDIES THAT CAN SAVE YOUR LIFE reveals the simple, proven remedies that really can save your life--naturally. -- This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Verg ne,TN. Paperback.

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