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THE PRACTICAL ENCYCLOPEDIA OF SELF-HEALING

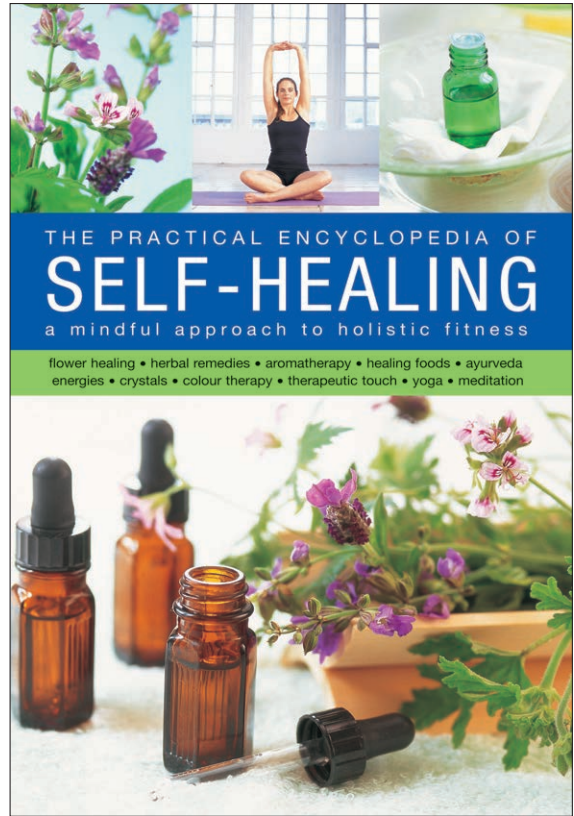
A mindful approach to holistic fitness

Raje Airey and Jessica Houdret

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- The perfect antidote to the demands of modern living: recognize the signs of emotional and physical stress, and use natural remedies to heal and restore balance.
- Specific treatments give fast, effective remedies for colds, allergies, muscular pain, fatigue, depression and more.
- Describes holistic techniques suitable for self-healing, or for practice with partners, friends and family members, which can easily be incorporated into everyday life.
- Over 2000 photographs and illustrations show alternative healing in action, and will help you to achieve optimum health and vitality in simple steps.

About the Authors: Raje Airey is a writer specializing in complementary healthcare. She has also spent many years in India studying meditation. Jessica Houdret is a member of the Herb Society and the British Herb Trade Association and writes regularly on medicinal herbs.



Improve your health and well-being naturally with this wide-ranging guide to complementary healthcare. Split into easy-to-follow sections, it details all kinds of natural treatments and approaches for body and mind. Grow your own medicinal plants for use in ointments, creams and tinctures; prepare juicy fruit smoothies or flower tisanes to boost immunity; meditate with amber stones to focus the mind; or drink a healing orange essence to lift your spirits. In addition, you can use holistic methods drawn from yoga, ayurveda, massage, reflexology and reiki to achieve physical health and bring clarity and purpose to daily life.



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