

Ancient Herbal Gardening Discover The Hidden Benefits Of 6 Age Old Medicinal Herbs And Plants In Your Backyard (Herbal Gardening, DIY Herbal ... Gardening, Container Gardening,) (Volume 6)

Carmen Mckenzie



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Discover The Hidden Benefits Of 6 Age Old Medicinal Herbs And Plants In Your Backyard

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*** **LIMITED TIME OFFER!** *** The interesting thing about herbal medicine is that a lot of the time, things many people have grown to consider weeds are actually friends in disguise. Just because something is abundant and grows rapidly or well in unspecific terrain doesn't mean that it should be viewed as a burden. Ancient herbal plants have been growing this way for centuries! In fact, it could be said that nature's generosity in regard to these herbs is something that should be a lightning bolt for people who want to practice herbal medicine. The fact that so many of these plants are so plentiful isn't meant to be a curse for people who have claimed a little square of land as their own – it's meant to be a blessing for people who are suffering and need a good fix fast. If you are sick and you need a natural herbal remedy, you need not look any further than your own backyard! So many interesting and useful plants grow without any provocation, and many of these plants contain healing properties that have been utilized for ages. Some of these plants are even edible just for their huge range of nutrients and vitamins, and would be helpful in boosting the immune system in general! Not bad for a day's work, is it?

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In general, turning to ancient remedies has been treated with apprehension in the medical industry. These natural cures don't make them money, and they haven't been tested in labs for huge periods of time before being announced effective. This seems silly when for centuries these herbal methods have been working well enough to be passed down throughout the ages because of their healing benefits. Even if the placebo effect was to blame for all the apparent health benefits, why denounce it when obviously something about them has worked for millions of people over time? That said, the medical industry has a lot of dangerous drugs too –

they're the kinds of things people shouldn't put into their bodies unless they are prepared to wreak genocide on their good and bad bacteria and make themselves vulnerable to numerous other diseases. That's not even considering the huge list of side effects of medications that we are often the guinea pigs of. Thankfully, prevention is better than cure and a healthy diet and exercise can prevent a lot of problems. And, if you do happen to suffer from a health imbalance, there are herbs you can find right in your own backyard that will help you to get better quickly and get back on track with your health! This book will explore some of nature's ancient healing remedies and how you, too, can utilize them!

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