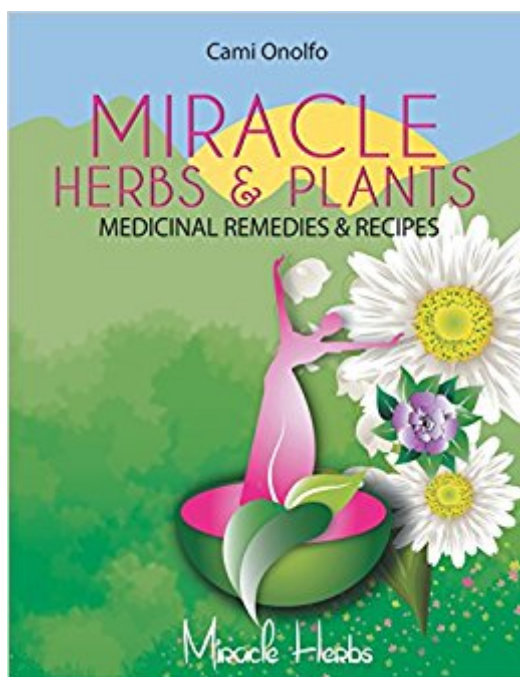




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Miracle Herbs & Plants: Herbal Remedies & Recipes



Synopsis

Growing up in the Carpathian mountains under a Communist era regime and with an upbringing tied to natural healing methods, Alternative Medicine was a way of life. Since early childhood and watching and learning from the older wise women making remedies in the form of teas, tinctures, decoctions and oil extracts. Cami mastered many of her grandmother's recipes, all organic and natural mostly from the mountain region where she lived. The Communists used the school children for collecting pine tree, birch and high altitude plants from the region to meet quotas of kilograms. Additionally, in the spring masses of different medicinal flowers, plants herbs, berries and mushrooms were provided to the government. The students, including Cami, were first taught many of the characteristics of these medicinal herbs. How to identify and the technique to pick plants properly. What medicines and pharmaceuticals the plants would be used within the manufacturing of medicine or teas and their natural healing properties. The teachings were fascinating to her and to live life knowing all these plants and flowers were nature's miracles. When hundreds of flowers would blossom in the grassy fields each had amazing healing properties, and Cami too became an extension of these healing properties. There were also school internships at the Herbal and Medicinal Manufacturers. This is where she learned exactly how to combine the herbs to create Medicinal Teas and how to extract oils from the herbs. With the background in Herbal Medicine and Herbal research coupled with over two decades of Herbal Medicinal Remedies identifications and study, Alternative Medicine and healthy organic living became a lifestyle. Now as a mother and wife, it is a great knowledge administer healing remedies and to be able to apply my knowledge. Miracle Herbs is a way of helping and guiding those people suffering from different sicknesses, bad lifestyles and diseases seeking an alternative natural medicine. Most people regret having to take pharmaceutical medication for a cold, a mild virus or a headache. Â Miracle Herbs will show you that instead of a pill you can be relieved by having 2-4 cups of herbal tea per day. More importantly while also having the same if not better healing effect. Â Cami's Miracle Herbs & Plants book has the Plants, the Description of the Plants, the Medicinal Uses and How to Use the tincture, oil or tea.. In many cases today you can find the pre mixed, Essences, Oils Extracts, Powders and Teas in every Health Store. please use her book Miracle Herbs be your reference guide.Â Miracle Herbs & PlantsÂ will help you to find what your ailment requires and what natural remedy your looking for and how to use these remedies.

Book Information

Paperback: 224 pages

Publisher: AuthorHouse (April 29, 2014)

Language: English

ISBN-10: 1496907736

ISBN-13: 978-1496907738

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #709,579 in Books (See Top 100 in Books) #378 in Books > Science & Math > Biological Sciences > Plants > Flowers #17002 in Books > Science & Math > Nature & Ecology #53202 in Books > Self-Help

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