

## Natural Remedy Reference Guide

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### Natural Remedy Reference Guide

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### Natural Remedy At A Glance Reference Guide | Susan Smith ...

Natural remedies have played an important part in this journey. I regularly use herbs, essential oils and supplements to prevent and treat illness and other ailments in my family. They're also used to boost energy, lift our moods and soothe tension. Incorporating these modalities into your life doesn't have to be complicated.

### Natural Remedies - A Quick Reference Cheat Sheet

Natural Remedy Reference Guide. Spread the love ; 152 ; If you have a cold, flu, anxiety, stress, arthritis, digestive issues, ulcers, high blood pressure, seasonal allergies, heartburn or GERD, this chart reveals natural remedies you can use. ===== Charity Showcase. Lakota Pine ...

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Red clover has been used as a natural remedy for a variety of conditions. Despite the use of isoflavones for post-menopausal hot flashes by women and those suffering with psoriasis the medical community is reserved about insufficient data on safety and adverse effects. Red clover is rich in isoflavones.

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Overview. For anyone who wants to learn more about medicinal plants and how to use them at home, Visual Reference Guides: Herbal Remedies provides essential information on how to safely use herbal medicines and shows you how to create your own remedies to target common ailments. Andrew Chevallier, FNIMH is an experienced medical herbalist with his own private practice.

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