



Natural Therapies for Total Well-being : Achieve Inner Harmony with Herbalism, Homeopathy, Ayurveda, Massage, Aromatherapy, Shiatsu, T`ai Chi, Yoga and More

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More and more people are turning towards holistic and ancient forms of healthcare as an alternative or complement to more invasive conventional methods. With this handy book you can learn to heal your body and mind with easy-to-follow natural approaches, such as homeopathy, ayurveda, shiatsu and reflexology. Heal and expand your spirit with the peaceful arts of tai chi, yoga and meditation. Enjoy renewed health and vitality by learning to treat your body well. This guide offers cures to everyday ailments including colds, toothaches and headaches.

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