



Off the Shelf Natural Health : How to Use Herbs and Nutrients to Stay Well

Mark Mayell, Foreword by Liz Earle



Describing natural herbs and nutrients which can boost immunity, prevent disease and keep the body healthy without the side-effects of many drugs and chemicals, this book details 20 natural substances such as ginseng, garlic, beta-carotene, vitamin C and shiitake mushrooms. It explains how to use them in natural therapies such as aromatherapy, herbalism and homeopathy, and also offers a guide to their use for specific purposes. The uses covered include boosting immunity, increasing energy-levels, calming nerves, weight control, reducing the risk of cancer, developing the senses, prolonging life, staying smooth and supple, stimulating sexuality, enhancing strength and endurance, preventing heart disease, boosting brain-power, and revitalizing the digestive system.

- [Ohio, the Buckeye State](#)
- [Official Report of the International Poultry Conference : London, March 11th to 15th, 1919 \(Classic Reprint\)](#)
- [A.O.G. Fitness : The Key to Ultimate Fitness](#)
- [Offne die Augen](#)
- [The Oil & Gas Year Indonesia 2013](#)
- [Offizier - Kartograph - Politiker \(1775-1851\) : Lebenserinnerungen und kleinere Schriften](#)
- [The Official Sunderland AFC Annual 2010](#)
- [Okklusales Einschleifen im natuerlichen und im restaurierten Gebi? : Grundlagen und Techniken](#)