

# HERBAL HEALING FOR EVERYBODY

Tapping Into The Natural Healing Properties Of  
Herbs To Restore Your Mind, Body And Soul!



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# Foreword

Disease isn't complicated it's really very easy and the application of good sense techniques may defeat any disease. All microbes and viruses are weak and may be defeated easily with cleaning and nutrition.

Disease is a joke if you recognize what to do and you're willing to do what it takes to heal yourself. And as they state "the truth will set you free"; and that's simply where you can, free. If you require drama and a health system that's more about disease than it is about wellness, simply go to your nearest doctor or hospital solely. If you're seeking vibrant health and a long and fruitful life you've come to the correct place for complimentary therapy.



# ***Herbal Healing For Everybody***

Learn About The Powerful Healing Properties Of Herbs!

Learn About All the Medicinal Plants: <https://bit.ly/Bookforremedies>

# Chapter 1:

## *Herbal Healing Basics*

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### Synopsis

With the increase of diseases, illnesses, and ailments sometimes turning to just medical science is not enough. Besides being costly some of the treatments can be long and stressful, further adding to the already depressive conditions.

The use of herbal healing as a form of treatment is almost considered normal in non industrialized countries. Here the traditions dictate the use of herbal healing.





## **To Get You Started**

Herbal healing is fast gaining popularity in the past decade. Though practiced in many ancient cultures as the first recourse to healing, it is just becoming a sought after style of healing for the modern world.

The availability of herbal healing products is no longer limited to what the older generation can prepare but is now available for all, in drug stores, supermarkets, pharmacies and other conventional outlets.

With thousands of herbs and combinations available to treat the various ailments, all it takes is a little research to find the ones that suit the needs at hand.

Though considered relatively safe because of the natural factor these herbs consists of, nevertheless it would be wise to seek the guidance of someone who is well versed in the practice of using herbs to heal, treat or control a certain condition.

As most of the herbal concoctions are fairly concentrated there may be the danger that some of the ingredients though natural may have adverse effects on the individual.

The basis of many pharmaceutical forays are in the vast possibilities of herbal healing compounds and ingredients. A

lot of money and time is put into the researchers of finding and promoting the next best herbal cure for the various medical conditions the world faces today.

This is further recommended because of the little or no side effects in its consumption and also because of all the natural elements it contains when compared to chemically based and produced medications.





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# **Chapter 2:**

## ***How To Treat Wounds With Herbs***

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### **Synopsis**

There are lots of different herbs for different uses, made available by nature itself. Treating wounds with simple ingredients found in a household is not uncommon.

A person who prefers to treat ailments the natural way should take the time to compile a simple list of some common herbs and keep these herbs at hand to quick and easy use.



## Wounds

It's very handy to have some knowledge on herbs used for treating wound for children. Almost every day a child will manage to get him or herself hurt while playing, thus having these quick easy remedies available would eliminate the need to run to a medical facility often.

The aloe herb contains compounds that can reduce inflammation, swelling, and redness of wounds. This herb should be applied directly to the wound after a simple cleaning exercise is done to rid the wound of any unwanted particles. The naturally secreted gel works wonders for superficial wounds.

*Calendula officinalis* is another herb that can successfully treat wounds. The flavanoids and antioxidants it contains help to speed up the healing process by increasing the blood flow to the wound. This ingredient can be applied topically and is also a popular ingredient in creams and ointments.

Slippery elm, a tree native to North America can also be used to treat wounds. Slippery elm is also found in powder form, but should be applied around the wound and not directly into an open wound.

Other more familiar herbs used to treat wounds are lavender which not only helps the healing process but also acts as a

germ killing agent. Tea tree oil also disinfects while healing wounds. This particular herb works at quite a fast pace in the healing process. Echinacea, Marigold, and Myrrh are also good healing agents for wounds. All these can be applied to the wounds by simply diluting a little herbal tincture with water.

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# Chapter 3:

## *How To Treat Acne With Herbs*

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### Synopsis

Acne is a condition that is caused by the over production of sebum. When this happens the pores become blocked and hard plugs are formed.

This chocking eventually causes the acne condition. Other causes may include hormonal imbalances, pregnancy, menstrual periods, emotional stress, and others.



## **Skin Issues**

Treating the acne problem can be quite a challenge because of its reoccurring possibilities. However some advocate the use of certain herbs for better control or eradication of the acne condition.

The following are just some common suggestions of herbs used to treat acne in varying degrees.

- Tea tree oil – this treatment causes less drying and stinging after effects. Also the redness is at a minimal.
- Aloe gel – has antibacterial properties which help to kill of the germs or also stop them from contaminating other parts of the skin
- Rose water – is applied to give relief to the itching and pain
- Walnut leaf – can be used as an astringent face wash.
- Burdock root and dandelion – both these herbs contain insulin which can improve the skin condition and remove the bacteria.
- Goldenseal – helps to stop the acne from secreting any puss of other undesirable liquids.
- Calendula – promotes the healing of the tissues at a more rapid pace. It also helps to heal the scars left to some level of smoothness.

It is highly recommended that the acne condition be treated internally as well as externally. Both these areas are intertwined and treating one without the other may not produce the desired results.

When the desired results are forthcoming the conditions may end up becoming worse because now the added factor of depression and stress is added.

Acne responds to a combination of herbs used both for internal as well as external use. This combination is important to achieve long lasting results.

Ideally the herbs used for topical purposes should include tea tree oil, lavender, and calendula, while those used internally should be milk thistle and dandelion.

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## **Chapter 4:**

### ***Treating Anxiety And Depression With Herbs***

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## **Synopsis**

Treating anxiety and depression using herbs is a good alternative to using the conventional method of prescription drugs. This side effects from resorting to using prescription drugs and be long term, harmful and sometimes not adequately addressing the anxiety and depression issues.

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