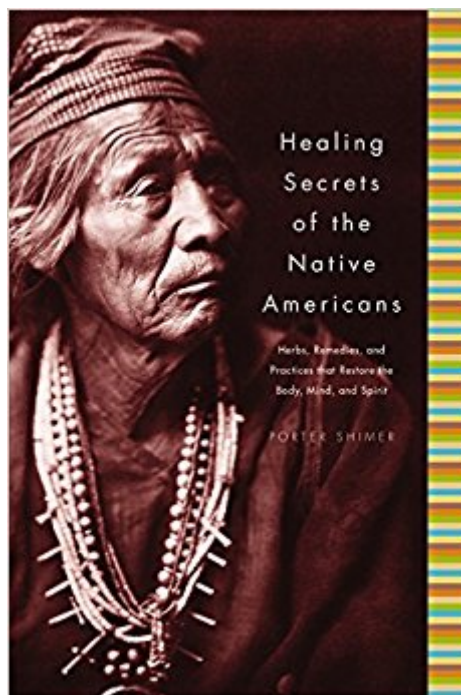




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Healing Secrets Of The Native Americans: Herbs, Remedies, And Practices That Restore The Body, Refresh The Mind, And Rebuild The Spirit



Synopsis

In the tradition of Black Dog & Leventhal's successful Chinese Natural Cures, Healing Secrets of the Native Americans brings the age-old knowledge and trusted techniques of Native-American healing to a wider audience. From this clear, reliable, and beautifully packaged book, learn how Native Americans have used the bountiful gifts of nature to heal the mind, the body, and the spirit. Discover how the Native-American tradition uses plants and herbs, heat, movement and sound, visualization, and spirituality to heal dozens of everyday ailments and illnesses--from back pain to insect bites to flu and sore throat and much more. Broken into sections, the book covers such topics as "The Healing Spirit" (including dream therapy, spirituality, and prayer), "The Native American Spa" (healing with heat, massage, sound and movement, and nutrition), "The Native American Pharmacy" (including more than 40 herbs and plants, how to obtain them, and how to use them), plus remedies for more than 40 ailments from acne to wrinkles.

Book Information

Hardcover: 208 pages

Publisher: Black Dog & Leventhal (September 1, 2004)

Language: English

ISBN-10: 1579123929

ISBN-13: 978-1579123925

Product Dimensions: 5.8 x 1 x 8.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 62 customer reviews

Best Sellers Rank: #101,391 in Books (See Top 100 in Books) #51 in [Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Tribal & Ethnic > Native American](#) #83 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #211 in [Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies](#)

Customer Reviews

Porter Shimer is a health and fitness author who has written several books on natural ways to conquer pain, lose weight, and achieve a healthier life.

I know this will be a great book to read, just haven't much time to read lately, I will find time. Healing Secrets, natural ingredients, no prescriptions what a wonderful gift to learn how to heal from our Native Americans.

Interesting read, textured cover, mostly about steams

love it

A keeper! My Geandmother had already taught me some of them, so I had a basic idea of it it was right or wrong

Love this book. Very informative on all aspects of the herb plants. Arrived sooner than expected. Great read. This too will be on hand in my kitchen. Great recipes. Some I can remember my Granny using.

Much better books out there. I was very disappointed. Very basic

I've been cooking with my own herbs for years, but am more recently interested in medicinal herbs. This guide is a great introduction that helps me to identify naturally growing herbs as well as gives me ideas about what to plant in my herb bed.

Wonderful, compact lil book. Clear easy to read writing...a good lil resource to have in your library.

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