



Herbal Remedies: Adaptogens: Herbs For - Adrenals, Thyroid, Hormone Balance & Much More!

Cole Campbell

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Have you ever wanted to know more about herbal remedies, but, are unsure who to ask? If you would like to know more about the powerful effect that herbs can have on the human body and their increasing use by the medical community, then this book is essential reading for you. Herbs have always played a part in human medicine; they are known to have been used in China and in India for thousands of years. More recent research is showing that they have a place within modern medicine; the more research and trials which are completed the more it is becoming apparent that herbal remedies may have the solution to some of the most deadly diseases in the world. There are several herbs which potentially have the power to inhibit, prevent and possibly even cure cancer although more trials are essential. This book seeks to introduce you to the world of herbal remedies, in particular what classifies as a herbal remedy, where they originated from and the main uses of each herb which are already known about. The book will also introduce you to the concept of adaptogens and explain what they are and what they are capable of doing. You may be surprised at just how effective herbs can be at reducing pain and curing a wide range of ailments, many illnesses which are currently treated using traditional medical knowledge can actually be resolved by using the right herbal remedy. This book may not be able to cover every single herb available but it does cover the main ones; including herbs which can help to regulate the adrenal glands and ones which work in the thyroid. Both the adrenal glands and the thyroid glands are critical to a healthy body and mind; many of the times when they are not working properly can actually be attributed to other imbalances in the body. These imbalances can be corrected with the right mixture of herbs; stimulating the body to use its natural resources whilst blocking damaging responses and allowing the body time to heal. Herbs can even play a part in balancing the hormones; whether the imbalance is a result of the menopause or other reasons. There is a huge range of herbs which can help to balance the hormones in your body, this book highlights the common ones and how they help as well as the best method for taking these herbs. Finally there is a section on the most popular herbal remedies and what they are useful for; you may be surprised at the options available! In fact, the book covers many different herbal remedies, all of which have a beneficial effect on the human body. You are likely to be surprised and amazed by the amount of options available and the fact that this is an ever expanding field as more research and clinical trials are completed. Herbs can and do play a vital part in preventing and curing illness; the next time you feel ill you may wish to consider the effect of some of these herbs on your body and how they can be beneficially to your recovery.

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