

Natural Solutions For A New You

Sales of herbal supplements have been growing for more than a decade, and an expanding segment of the American population, now more than a third, use some sort of alternative medicine. In a new book, National Geographic has included the updated science and easily accessible content which is a must have for anyone looking to pave the path to good health and well-being. ***Nature's Best Remedies*** (National Geographic; February 5, 2019; .00 U.S.; ISBN: 978-1-4262-1892-7; Hardcover; 320 pages; 400 photographs; 25 illustrations; 70 maps) is a fresh approach to exploring the world's most therapeutic foods, oils, spices and essential oils. Whether you're reexamining your food choices or interested in the healing power of nature, this authoritative guide is filled with hundreds of powerful ways to energize your body and enrich your life — on the inside and the outside. Featuring a foreword by integrative medicine expert, Dr. Tieraona Low Dog, ***Nature's Best Remedies*** is a vital companion for carrying out life-changing resolutions, or simply for adding natural resources like healing foods and soothing scents into daily routines. **THROUGH THIS INSIGHTFUL GUIDE, WELLNESS SEEKERS WILL LEARN:**

- The secret of nature's cures for **headaches and joint pain**
- Natural **skin and hair care** solutions
- How to **fight off seasonal or environmental colds** with herbal treatments
- How to **recognize and reduce stress** with rescue remedies
- **Insomnia relief** ideas
- How to **create delicious food** that packs a powerful health punch via easy-to-follow recipes
- Natural remedies to **beat nervous agitation**, mood swings and "the blues"

Divided into two sections — Nature's Cures, organized by ailment, and Nature's Pharmacopoeia, organized by herb, fruit or vegetable — this beautifully illustrated resource provides up-to-date information on key topics such as food choices, natural home helpers, stress relief, skin care and the benefits of phytochemicals, the essential ingredients that make plant-based foods so good for you. Innovative recipes offer easy dishes that utilize multiple herbs, spices and fresh foods for powerhouse results. Packed with practical tips and suggestions, healthy solutions and do-it-yourself projects, ***Nature's Best Remedies*** gives you a chance to reboot your lifestyle in an easy, approachable and natural way. **ABOUT THE FOREWORD WRITER: DR. TIERAONA LOW DOG** is an internationally recognized expert in integrative medicine, dietary supplements and women's health. For many years she worked with Andrew Weil at the University of Arizona's Center for Integrative Medicine. A leader in national health policy and regulatory issues, she has been elected chair for numerous supplements and botanicals panels for the U.S. Pharmacopeia. Among her many honors, Dr. Low Dog received the Clinician of the Year Award from the Natural Products Association in 2015. She is a frequent guest on "The Dr. Oz Show" and "The People's Pharmacy" NPR radio show. **ABOUT THE BOOK:**

- Title: **Nature's Best Remedies: Top Medicinal Herbs, Spices & Foods for Health and Well-Being**
- Author: Nancy J. Hajeski, Foreword by Tieraona Low Dog, M.D.
- Publisher: National Geographic
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