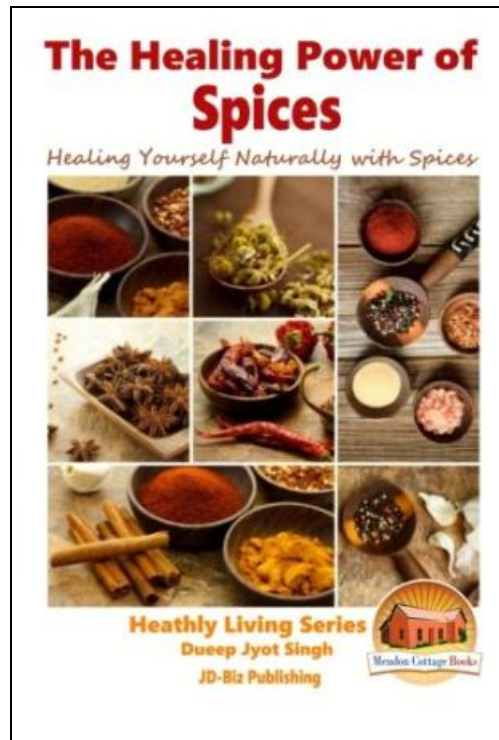


The Healing Power of Spices - Healing Yourself Naturally with Spices



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Reviews

An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publishes this book.

(Melody Jakubowski)

THE HEALING POWER OF SPICES - HEALING YOURSELF NATURALLY WITH SPICES



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Pepper Toothache Wounds and Insect Bites Headaches Bishops Weed Coughs and Colds Bishops Weed Oil Coriander Sprains Flatulence Cure Cumin Seeds Digestive Water Urinary Infections Cumin for Female Health Edema Fenugreek Fenugreek Seed Balls Cardamoms Excessive Thirst Cinnamon Cloves Clove Water Cloves for Aches My Pain Relieving Mixture Cloves For Throat Infections Ginger Ginger Cure for Asthma Ginger for Dyspepsia Diarrhea Cure Dried Ginger Red Chillies Chillies for Alcoholism Traditional Winter Hot Oil Chillies Infused Oil Conclusion Author Bio Publisher Introduction For many decades, I was under the impression that spices were only used as a culinary addition to make a supposedly bland and boring meal delicious. It was only when I began to get interested in naturopathy and natural cures, that I began to see that many of the knowledgeable and experienced naturopaths with whom I came in contact used some spices in some form or the other in order to produce a permanent cure of many ailments. This book is going to tell you about a large number of spices, and how you can use them effectively to cure yourself in timeworn and time-tested manners. In ancient times, cooks were highly experienced and knowledgeable healers. They knew all about the effect of spices on the human body as well as how they would affect a particular bio physiological makeup of one particular person. That is why, in Japanese, Korean, and in other countries in South Asia, the cooks were given the duty to heal an ailing person with the food they gave him. Spices not only add that bit of extra piquancy to our food, but they also provide...



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