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Natural Antibiotics and Antivirals: How Natural Herbal Remedies Prevent and Cure Common Ailments: Natural Antibiotics, Antivirals, Organic Remedies, Herbal Remedies, Herbal Recipes

By Lara King

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Language: English . Brand New Book ***** Print on Demand *****.

Natural Antibiotics And Antivirals: How Natural Herbal Remedies Prevent And Cure Common Ailments Have you ever wondered how the early man dealt with sickness and disease? What they did when they were sick or injured? Which medicines they used, how were they prepared and how they were applied to treat a sick person? The first medicines that human used were probably natural elements like plants, roots and herbs that they found in their environment. Through trial and error, humans discovered which plants to use for which ailment. They also discovered which part of a plant was more beneficial for which ailment. There are archeological evidences that indicate use of natural minerals, plants and herbs as medicines as far back as 5000 years. Indian traditional Medical system called Ayurveda lists hundreds of herbs in many different combinations to treat not only common illnesses but chronic problems including heart, lung and sexual diseases. The Ayurvedic system of medicine has been used in India for over 4000 years. Similarly, Chinese too have their own traditional medical system (TCM)...

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