



Name Guide to Natural Healthcare

Book

Code

Size

B01

30 pages

Description

The *Guide to Natural Healthcare* gives some fundamental advice about staying healthy, written by *Malcolm Simmonds*, acupuncturist, herbalist, naturopath.

Sections include those on 1. Naturopathic diet, 2. Exercises which can help the individual organs of the body, and 3. Exercise in general.

These naturopathic measures are those which will support the body and help it to make the most use of any herbal or other health supplements which are being used. In this way, you can help to ensure your long term health.

Book