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"...set[s] forth his method of natural self healing based on herbs, a diet that used no meat, dairy products, or eggs, and a life in harmony with the laws of health and nature. He opposed the use of sugar, spices, pepper, mustard, vinegar, and fermented foods. He recommended the use of soymilk in numerous healing diets and considered it far better than cow's milk. " -- www.SoyinfoCenter.com.

Back to Eden *Lotus Press (WI)*

Provides information on herbal medicine, natural foods, and home remedies

Back to Eden *Lotus Press*

Now in its expanded, updated revised edition, this is the original classic text (with more than 5-million copies sold) that helped create the natural foods industry. It remains today one of the major texts on herbs, natural diet and lifestyle and wholistic health.

'Back to Eden' Cook Book *New Age Books*

Healthful Herbs

A new edition of the classic guide to herbal medicine by a renowned herbalist furnishes a comprehensive overview of natural healing methods, including an emphasis on herbal remedies and a vegetarian diet that promotes a healing approach advocating a return to natural habits of living.

Healthful Foods

An updated edition of the classic guide to healthy eating, first published in 1939, outlines a total approach to a natural lifestyle that features an updated listing of herbal references, a treasury of recipes, and information on natural foods, including a variety of vegan and vegetarian dishes and classic recipes for soy and soy-based products.

The Back to Eden Cookbook *Woodbridge Press Publishing Company*

Back to Eden

Return to Eden *Createspace Independent Pub*

This Herbal Medicine Field Guide documents the herbal remedies used at the Eden Herbal Medical Clinic in Doma, Zimbabwe, Africa. More than 20,000 patients have benefitted from Judy Ervine's expertise as a State Registered Nurse and a Registered Herbal Practitioner. Judy writes from more than twenty years' experience with herbal medicine in a part of the world where western medicines are seldom available. This field guide is a compilation of the effective herbal remedies used in this remarkable Clinic.

Everybody's Guide to Nature Cure *Read Books Ltd*

Originally published in 1936, this book covers a subject that is just as relevant to people today. This is an invaluable guide for anyone wishing to complement orthodox medicine with natural remedies. The author's tone is passionate about the cause of

naturopathy.

Come Home Alive *WestBow Press*

For twenty years, God has been leading, guiding, and preparing author Mari D. Martin to walk alongside her husband, Chris, through a throat cancer diagnosis, the treatment of that cancer, the recovery from the side effects of the treatments, and then through rehabilitation to return to what will be his new normal. In *Come Home Alive*, Mari shares the oftentimes tender story of their six-part plan to come home alive. She narrates how the couple used their twenty-four years as Kolbe Certified consultants to practice what they taught, consulted, and coached others regarding self-awareness, strengths identification, communication needs, role alignment, and the environment each person needs to thrive. For Chris to thrive again, he needed to heal; and for him to heal, he needed to be in an environment that allowed him to thrive. *Come Home Alive* tells how Mari's role as caregiver was to stay true to herself, while also being the hands and feet to recognize, minimize, and complete the tasks and requirements Chris naturally resisted. Their plan, rooted in faith, and hope, started with daily time together in prayer and belief in the healing power of God. It ended with a practice of thankfulness and expecting a miracle. What they did together in the middle is one you can do, too—through greater awareness of each other's strengths, how to work together, and be a team with the knowledge and wisdom to come home alive.

The Herb Book *Courier Corporation*

More than 2,000 complete and concise descriptions of herbs,

illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more.

Energy Medicine For Women *Piatkus*

For more than three decades, Donna Eden has been teaching people to understand the body as an energy system, to recognize their aches and pains as signals of energy imbalance, and to reclaim their natural healing capabilities. In her long-awaited new book, Donna speaks directly to women, showing them how they can work with energy to tackle the specific health challenges they face. She reveals that a woman can manage her hormones by managing her energies and also use energy medicine to treat a host of health issues. From PMS to menopause, from high blood pressure to depression, the book offers easy-to-follow solutions to women's health issues that traditional medicine often fails to provide. Blending a compassionate voice with a profound grasp of how the female body functions as an energy system, Eden presents what is sure to become a classic book on the subject of women's health.

Surviving a Viral Pandemic Through the Lens of a Naturopathic Medical Doctor

This book is both a treatment book of naturopathic medicine to counter viral pathogens, particularly influenza and COVID-19. It explains the structure of viruses and the immune system in general and then goes into detail about the influenza and COVID-19 viruses, detailing how they can be manipulated through our innate and adaptive immune systems, whether

stimulating or calming our intrepid warriors, our white blood cells—through nutrition, nutraceuticals, botanical medicine, homeopathic medicine, hydrotherapy, and psychological considerations. It offers both prevention and "in the sick room" protocols. The book also contains a historical narrative of why we are in this situation in 2020, looking back at history since the 1800s and includes how the Flexner Report sabotaged naturopathic medicine and why this must be rectified if we are going to generate a healthy population with the ability to fight off pathogenic viruses.

Back to Eden Gardening: The Easy Organic Way to Grow Food *Cijiro Publishing*

Back to Eden Gardening: The Easy Organic Way to Grow Food Do you want a self-sustaining garden? Are you looking for natural organic gardening methods that work? Do you want to have healthy, nutrition filled fruits and vegetables? Then Back to Eden Gardening: The Easy Organic Way to Grow Food by Bo Tucker can help! Based on the popular Back to Eden film, you'll find everything you need to know to create your own little slice of Eden no matter if you have a lot of land or just a little. It's easy to start an organic gardening with the methods shown in the film, broken down and explained a little further to help you get started. From how to pick out your woodchips to how to compost, Back to Eden Gardening: The Easy Organic Way to Grow Food by Bo Tucker will help you to learn everything you need to know. With the Back to Eden method, everything is just as God intended without GMOs, pesticides or other harmful chemicals to you and your plants. You'll learn how to grow fruits, vegetables, and even

an orchard on your own land with minimal labor! Get started building your own slice of Eden now.

The Herbal Medicine-Maker's Handbook *Crossing Press*

THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life.

The Male Herbal *Crossing Press*

In this long-awaited second edition of THE MALE HERBAL, James Green gives men and boys the tools they need to create or maintain physical and emotional health through a customized herbal program. By following Green's newly developed constitutional model and referencing the comprehensive alphabetical herbal listings, men can create an herbal program attuned to their unique body type, lifestyle, and health needs. Featuring life-changing information about common plants, herbal alternatives to Viagra, medicinal uses of herbs for male-specific issues, and nearly thirty recipes for teas, tinctures, salves, and tonics, this updated guide emphasizes prevention and health with sensitivity and wisdom.

Between Heaven and Earth *Ballantine Books*

"Comprehensive, encyclopedic, and lucid, this book is a must for all practitioners of the healing arts who want to broaden their understanding. Readers interested in the role of herbs and foods in healing will also find much to learn here, as I have. . . . A fine work."—Annemarie Colbin, author of Food and Healing The promise and mystery of Chinese medicine has intrigued and fascinated Westerners ever since the "Bamboo Curtain" was lifted in the early 1970s. Now, in Between Heaven and Earth, two of the foremost American educators and healers in the Chinese medical profession demystify this centuries-old approach to health. Harriet Beinfield and Efrem Korngold, pioneers in the practice of acupuncture and herbal medicine in the United States for over eighteen years, explain the philosophy behind Chinese medicine, how it works and what it can do. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, Between Heaven and Earth addresses three vital areas of Chinese medicine—theory, therapy, and types—to present a comprehensive, yet understandable guide to this ancient system. Whether you are a patient with an aggravating complaint or a curious intellectual seeker, Between Heaven and Earth opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West. "Groundbreaking . . . Here at last is a complete and readable guide to Chinese medicine."—San Francisco Chronicle

Nutritional Herbology *Whitman Publications*

Herbally Yours *Health Education S*

A veritable herbal encyclopedia, this classic was among the first comprehensive books on herbs ever published. Easy to understand, this guide to herbal medications is simple enough for the herbal student yet complete enough for the herbal practitioner. Readers are familiarized with common definitions and basic directions for making decoctions, extracts, infusions, oils, and poultices. A complete listing of herbs and herbal formulas along with their primary uses is followed by an alphabetized list of health problems along with recommended herbs to alleviate each condition. Also included are sections on pregnancies, babies, and nursing; herbal sources for vitamins and minerals; information on cleansing and diet; and herbal aid for emergencies. This beloved volume is a timeless resource for maintaining health naturally.

Back to Eden, the Original**The ADHD and Autism Nutritional Supplement Handbook**
Fair Winds Press (MA)

Find out if your child is one of those suffering from this condition today, and learn how you can drastically improve your child's symptoms and wellbeing with The ADHD and Autism Nutritional Supplement Handbook.

Natural Healing with Herbs

Acclaimed as the most comprehensive work of its kind, this book details in simple terms the properties and uses of 120 of the most common herbs and lists comprehensive therapies for more than

140 common ailments. Over 150,000 copies sold!

Medicinal Herbs of California *Rowman & Littlefield*

Medicinal Herbs of California is the first statewide field guide to more than 70 common medicinal plants of California. This vital addition to the California naturalist's shelf will introduce readers to the principles of herbal remedies, history and roots in native cultures, scientific information, and how to find and incorporate medicinal plants into daily life. Inside you'll find: Photos and descriptions to help with positive identification Common and scientific names and the plant families Conservation status Modern and traditional uses The science behind natural phytochemicals that have earned these plants a place in Native American medicine for thousands of years.

Natural Remedies Encyclopedia *Harvestime Books*

This book has the largest collection of drugless, natural, home remedies available anywhere. It provides you with information on more than twice as many diseases (over 730) and far more natural remedies (over 11,000) than any other book. It is urgently needed in your home and will help you for many years to come.

Back to Eden**Fit for Life** *Grand Central Publishing*

Discover why Fit for Life's easy-to-follow weight-loss plan has made this enduring classic one of the bestselling diet books of all time! It's the program that shatters all the myths: Fit for Life the international bestseller that explains how to change both your

figure and your life. Nutritional specialist Harvey and Marilyn Diamond explain how you can eat more kinds of food than you ever ate before without counting calories...and still lose weight! The natural body cycles, permanent weight-loss plan that proves it's not only what you eat, but also when and how, Fit for Life is the perfect solution for those who want to look and feel their best. Join the millions of Americans who are Fit for Life and begin your transformation with: The vital principles that bring you permanent weight loss and high energy The Fit for Life secrets of timing and food combining that work with your natural body cycles A 4-week meal plan, menus, shopping tips, and exercise Delicious recipes and more.

Herbs for Natural Beauty *Storey Publishing, LLC*

One of America's foremost herbalists provides concise, simple-to-understand, and practical information for using herbs for health and well-being. Each book contains profiles of specific herbs, cautions, contraindications, and easy-to-make recipes to relieve common ailments.

The Creator's Diet *Pneuma Springs Publishing*

"Sensing the importance of the issue at hand, Nicola Burgher approaches the subject of Healthy Eating as consummate professional, not only does she possess the qualifications to address the subject but she has undergirded her study with the fundamental principles of the Bible. It is upon this that the strength of her work lies and it is reminiscent of the book "Back to Eden" by Jethro Kloss published first in 1946. Ms. Burgher takes us back to the beginning and to the Creator and reminds us

that there is a better way to live if we follow the Creators manual. Sensing the importance of the issue at hand Nicola Burgher has written a must read book for the survival of this generation and generations to come." Book reviews online: PublishedBestsellers website.

Christopher Hobbs's Medicinal Mushrooms: The Essential Guide *Storey Publishing, LLC*

Mushrooms have been used as medicine for thousands of years and their value in boosting immunity, improving memory, and even fighting cancer is being recognized and documented in scientific research. Christopher Hobbs, a mycologist and herbalist at the forefront of contemporary research, profiles the most powerful medicinal mushrooms and explains the nutritional and medicinal compounds in each one. Detailed instructions cover how to select, store, and prepare each variety for use. Whether readers are growing or foraging their own mushrooms, or sourcing them from a local provider, this essential handbook will guide them in making health-boosting medicine.

The 21-day Sugar Detox *National Geographic Books*

SUGAR IS TAKING OVER OUR LIVES. But why? And is it only those sweet, refined white crystals that are causing us problems, or could there be more to the story? Let's be honest: The problem isn't just sugar itself. It's the refined, nutrient-poor carbohydrates that carry tons of calories but no real nutrition. In our world, these are the easiest foods to grab on the go, but they leave us fat, sick, tired, and downright unhappy. The effect that sugar, "hidden" carbs, and refined, processed foods have on our bodies

goes far beyond our waistlines. We can't focus, we can't sleep, we have irrational mid-afternoon cravings, and we can't even make it through the day without wanting—or needing—to prop up our energy levels with caffeine or even more sugar! What can we do to break free from this cycle? The 21-Day Sugar Detox is here to help. The 21-Day Sugar Detox is a clear-cut, effective, whole-foods-based nutrition action plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn! Use the easy-to-follow meal plans and more than 90 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo/primal lifestyle. The 21-Day Sugar Detox even includes special modifications for athletes (endurance, CrossFit, HIIT-style, and beyond), pregnant/nursing moms, pescetarians, and people with autoimmune conditions. What you'll experience on this program will be different from a lot of other "diet" programs out there that promote extremely restricted eating; encourage you to consume only shakes, juices, or smoothies; or rely heavily on supplements and very-low-calorie or very-low-fat diets to ensure success. The goal of any detox program should be to support your body in naturally cleansing itself of substances that create negative health effects—and that's exactly what The 21-Day Sugar Detox does. By focusing on quality protein, healthy fats, and good carbs, this program will help you change not only the foods you eat, but also your habits around food, and even the way your palate reacts to sweet foods. You'll likely complete the program

and continue eating this way much of the time thereafter because you'll feel so amazing. After changing your everyday eating habits, you will begin to gain a new understanding of how food works in your body—and just how much nutrition affects your entire life. There's no reason to wait!

A Modern Herbal (Volume 2) *Rare Treasure Editions*

"There is not one page of this enchanting book which does not contain something to interest the common reader as well as the serious student. Regarded simply as a history of flowers, it adds to the joys of the country." — B. E. Todd, *Spectator* Volume 2 of the fullest, most exact, most useful compilation of herbal material. Gigantic alphabetical encyclopedia, from aconite to zedoary, gives botanical information, medical properties, folklore, economic uses, much else. Indispensable to serious reader. 161 illustrations.

The Way of Herbs *Gallery Books*

Crystal Energy *Ryland Peters & Small*

Crystal Energy reveals the special properties of over 100 crystals commonly available today, and shows how you can work with them for healing, personal empowerment, protection and abundance. Since ancient times, people have believed in the ability of crystals to heal, protect and energize mind and body, awakening our innate spiritual wisdom. The book presents 150 practical tips on using crystals in every part of your life. Chapters include Crystals in the Home, which is about using crystals to help you sleep and improve your home's atmosphere; Crystals for

Success, which covers how crystals can encourage love and personal empowerment; Crystal Healing, which explains how to use crystals for both emotional and physical healing; and Crystal Astrology, in which you can discover your birthstone as well as the two crystals you'll need to balance the personality traits associated with your sign.

That's Not My Dragon *Usborne Books*

This delightful series of board books is aimed at very young children. The bright pictures with their patches of different textures, are designed to develop sensory and language awareness.

The Nature Doctor *Random House*

The first British edition of this worldwide bestseller, The Nature Doctor, fully revised and updated, comes complete with comprehensive appendices, offering the reader easy access to wealth of information from the 'father' of natural healing. Dr H. C. A. Vogel comes from a Swiss family where the secrets of herbalism were known and practised. From early childhood he

was eager to learn about the healing powers of plants and bit by bit he collected and expanded the traditional and empirical knowledge of European folk-medicine. Since 1929 he has reported his experiences and observations as a nature practitioner, nutritionist, researcher of medicinal plants and discoverer of natural healing powers, in his monthly periodical Gesundheitsnachrichten (A. Vogel's Health News). First published in 1952, The Nature Doctor has become a recognised standard publication even among medical doctors and scientists.

Prescription for Herbal Healing *Penguin*

Looks at the basic principles of herbal medicine and outlines the properties of herbs and herbal combination formulas for various kinds of ailments and alternative treatments.

The How to Herb Book *Ransom Hill Press*

Back to Eden ; a Human Interest Story of Health and Restoration to be Found in Herb, Root and Bark

The School of Natural Healing