

[FREE] The Complete Book of Water Healing

The Complete Book of Water Healing

Dian Dincin Buchman

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Using Earth's most essential resource to heal yourself Presented in a beautiful package, this authoritative guide from a leading herbalist and health writer offers you practical and scientifically sound methods of healing with the planet's most abundant and most affordable natural health product--water. The Complete Book of Water Healing includes practical illustrations and step-by-step information on treating everything from children's ailments to sports injuries with therapeutic baths, steam treatments, hydrotherapy, and more.