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Selene Yeager

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foods I did not even know existed. I have used this book along with the natural healing guides I pick up at my local health food store to boost my families immune systems and alter my families diets and I have been quite pleased with the results. This last winter myself and my family avoided stomach bugs, flu (even H1N1 without vaccines) and the duration of colds were significantly less compared to a week or months. Please be advised that this book does not take the place of medical attention if it is needed, but it is a great book to reference if you need tips on how to treat and ease the discomfort of common illnesses or you are looking to alter your entire lifestyle. The layout of the book is awesome. I found it to be very informative, quick to reference, and easy to read and understand. Overall, this book is just a great read and definitely one to add to your home library no matter what your intentions are. 0 of 0 people found the following review helpful. Five Stars By Marcia Cauldero Could have explained more

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