



## **Healing: Ailments & Remedies- chincare.com**

Vitamin E is the collective name for what is actually a group of fat-soluble compounds that take eight naturally existing chemical forms, namely, alpha-tocopherol, beta-tocopherol, gamma-tocopherol, delta-tocopherol, alpha-tocotrienol, beta-tocotrienol, gamma-tocotrienol, and delta-tocotrienol. [1 ...

## **Amazing Facts About Vitamin E - Herbs Info**

Oregano is a culinary and medicinal herb from the mint, or Lamiaceae family. It has been used in medicine and cooking for thousands of years. It adds flavor, and it may have a number of health ...

## **Oregano: Health benefits, uses, and side effects**

Indian Herb Relieves Side Effects of Chemotherapy . I don't have to tell you how rough chemotherapy can be on your body. It can cause hair loss, diarrhea, mouth ulcers, low blood count, loss of appetite, vomiting, and more.

## **Herbs that help with Chemo & Radiation - distance-healer.com**

Great blog post! I learned about coconut oil a few years back and now prefer it because of the way it cooks as well as the knowledge of boosting my immune system.

## **10 Benefits of Organic Coconut Oil - globalhealingcenter.com**

Do you suffer from swelling and tissue edema? These 10 herbs are natural inflammation and swelling fighters. Take them to eliminate excess swelling and fluid retention in your body.

## **Stop Swelling With These 10 Herbs - ProgressiveHealth.com**

Terence, Thank you for your post! While Cayenne pepper is known to help with detoxification I do not feel that it will deal with this concern in its entirety, in fact I think it would require a much more thorough process to bring a better balance to the system.

## **17 Health Benefits of Cayenne Pepper - Dr. Group's Healthy**

Sorrel is a fascinating perennial herb that is used all around the world and is cultivated for a wide variety of uses. Although it is primarily grown for use in food, due to its sharp, tangy taste, it also has a vast array of health benefits associated with it. There are a number of varieties of ...

## **9 Surprising Sorrel Benefits | Organic Facts**

Seeds are eliminated on the AIP due to their unusually high food allergy and intolerance rate (see The WHYs behind the Autoimmune Protocol: Nuts and Seeds). Seed spices should be avoided at first as well, but are considered Phase 1 Reintroductions (see Reintroducing Foods after Following the Autoimmune Protocol). Depending on your individual autoimmune challenges, some people tolerate the ...

## **Spices on the Autoimmune Protocol ~ The Paleo Mom**

Is Aloe Effective for Blood Pressure, Inflammatory Bowel, Wound Healing, and Burns?

## **Is Aloe Effective for Blood Pressure, Inflammatory Bowel**

Heart chakra foods. Your fourth chakra is located by your heart and is the center of love and compassion for both for yourself and others. As the bridge between your lower three chakras and upper three chakras, the heart chakra is all about balance coming into balance within yourself as well as with your relationships and whatever is happening in your environment.

## **Chakra Foods for Healing & Health - Blog - Deborah King**

ESSENTIAL OILS AND AROMATHERAPY. Definition: subtle, volatile liquids that are distilled from plants, shrubs, flowers, trees, roots, bushes, and seeds.

## **Essential oils and aromatherapy: A rebuttal to bunk**

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