



# Healing Herbs & Health Foods of the Zodiac

*Ada Muir*

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Once, every doctor was also an astrologer because knowledge of the zodiac was essential for diagnosing and curing illness. *Healing Herbs and Health Foods of the Zodiac* reclaims that ancient tradition. It covers the illnesses most often associated with each zodiacal sign, along with the herbs attributed to healing them. For example, common problems with Leos are heart affections, sore eyes, and cramping. The best-known plants associated with Leo include eyebright and marigold which can be used for sore eyes, and mistletoe, a tonic for nervous hearts.

- Discover the healing properties of seventy herbs and learn to identify them by sight.
- Purify and refine your physical body with the "cell salt" for your sign.
- Follow the correct steps for preparing teas, tinctures, cough drops, and salves.
- Learn the proper way to harvest and use dozens of different herbs.

This book also covers the cell salts for each zodiacal sign. Found in various fruits and vegetables, cell salts are necessary for health. For example, the cell salt of Libra is Sodium Phosphate. Found in celery, spinach, and figs, it maintains the balance between acids and alkalis.

*Healing Herbs and Health Foods of the Zodiac* by Ada Muir is a complete introduction on how to use herbs and plants for healing. Filled with illustrations of dozens herbs, this book is informative to read, delightful to look at, and a pleasure to own.

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Nowadays reading books become more and more than want or need but also become a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge the actual information inside the book which improve your knowledge and information. The knowledge you get based on what kind of reserve you read, if you want get more knowledge just go with knowledge books but if you want really feel happy read one with theme for entertaining like comic or novel. The Healing Herbs & Health Foods of the Zodiac is kind of guide which is giving the reader unstable experience.

#### **Sharon Hafer:**

Spent a free time and energy to be fun activity to perform! A lot of people spent their sparetime with their family, or their friends. Usually they undertaking activity like watching television, likely to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? May be reading a book might be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the publication untitled Healing Herbs & Health Foods of the Zodiac can be good book to read. May be it might be best activity to you.

#### **Gabriel Badger:**

Playing with family in a very park, coming to see the ocean world or hanging out with close friends is thing that usually you may have done when you have spare time, after that why you don't try matter that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Healing Herbs & Health Foods of the Zodiac, it is possible to enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't have it, oh come on its called reading friends.

#### **Gerard Armstrong:**

Reading a guide make you to get more knowledge from that. You can take knowledge and information coming from a book. Book is created or printed or highlighted from each source this filled update of news. With this modern era like at this point, many ways to get information are available for you. From media social just like newspaper, magazines, science book, encyclopedia, reference book, story and comic. You can add your knowledge by that book. Are you hip to spend your spare time to spread out your book? Or just trying to find the Healing Herbs & Health Foods of the Zodiac when you required it?

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