



# Natural Health Remedies: Your A-Z Blueprint for Vibrant Health

*Janet Maccaro*

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## **Natural Health Remedies: Your A-Z Blueprint for Vibrant Health** Janet Maccaro

Finding a natural health reference book written from a Christian perspective can be a challenge—until now. Dr. Janet Maccaro presents a “self-care manual” of remedies for conditions from acne to zoonosis, and she shows you the healthiest foods, herbs, vitamins, and minerals for good health.

In this UPDATED AND EXPANDED EDITION Dr. Janet equips you with the most current, vital knowledge for good health with tips on:

- FAMILY HEALTH REMEDIES
- NATURAL BODY MAINTENANCE
- DETOXES AND CLEANSSES
- SUPERFOODS AND SUPPLEMENTS
- SYMPTOM TRIGGERS
- AND MUCH MORE!

If you are seeking to take more responsibility for your state of health and well-being, this book is written just for you.

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