

The Healing Powers Of Honey

NATIONAL BESTSELLER • Discover the life-changing benefit of essential oils and aromatherapy in this soup-to-nuts guide from the host of the Essential Oil Revolution summits “A powerful new approach that can help you safely reverse the effects of modern scourges, including depression, chronic stress, and mood disorders.”—Alan Christianson, N.M.D., New York Times bestselling author of The Adrenal Reset Diet Aromatic plants and their extracted oils have been used medicinally and in religious traditions for thousands of years; they represent nature in its most concentrated form. Through modern distillation processes, essential oils offer natural treatments for a host of health conditions, from anxiety and depression to hormonal imbalance, digestive distress, candida, sleep disorders, and even autoimmune disease. The Healing Power of Essential Oils includes DIY recipes and formulations for all of these health needs and more—all backed by extensive scientific research and the trusted guidance of public health researcher and aromatherapist Eric Zielinski, D.C. Some of the unique recipes you will master: • Morning Prayer or Meditation Body Oil • Sweet Slumber Diffuser Blend • Citrus-Powered Pain Relief Roll-On • Deet-Free Bug Spray • Essential Oil-Powered Mouthwash • Anti-aging Body Butter • Lemon Fresh Laundry Detergent • Hot Spot Spray for Pets • Perineum Healing Soap • Menopause Relief Ointment From lavender, peppermint, and frankincense to tea tree and ylang ylang, essential oils are God’s gift to those seeking to take control of their physical and mental health. Whether you’re new to essential oils or you’re ready for advanced techniques, Dr. Z’s thorough, evidence-based approach equips you with the knowledge to build daily rituals that fit your unique needs—and lead to amazing results! Taking medicine just got a whole lot sweeter! Honey is well known for its healing properties. When infused with the additional benefits of medicinal herbs and fruits, it turns natural remedies that can be unpleasant tasting into a treat to take. Author Dawn Combs makes these traditional herbal honeys — called “electuaries” — and has created her own formulations for addressing a variety of common health ailments. With Sweet Remedies, readers will learn her methods for making electuaries in their home kitchens, using recipes that range from Ache Ease and Sleep Well to Heartful and Calcium for Kids, along with instructions for making simple honey infusions and oxymels — a combination of herbs, honey, and vinegar. Additional recipes offer creative ways to get a daily dose of healing by using herbal honeys in no-bake cookies, smoothies, cocktails, candies, and more. For those with access to the hive, Combs includes an overview of other bee-produced products with healing properties — including pollen, propolis, and royal jelly — and offers advice on how to harvest them sustainably. Honey Analysis - New Advances and Challenges discusses advances in honey research. Topics include the physicochemical characteristics of honey from stingless bees, the therapeutic properties of honey, melissopalynological analysis as an indicator of the botanical and geographical origin of honey, and methods for authenticating honey. Written by experts in the field, this book provides readers with an indispensable source of information, assisting them in future investigations of honey and beekeeping. The highly anticipated new release from the groundbreaking, New York Times best-selling author of Medical Medium! Experience the next level of medical revelations. Packed with information you won’t find anywhere else about the Unforgiving Four—the threats responsible for the rise of illness—and the miraculous power of food to heal, this book gives you the ability to become your own health expert, so you can protect yourself, friends, family, and loved ones from symptoms, suffering, and disease. Unleash the hidden powers of fruits and vegetables and transform your life in the process. ANTHONY WILLIAM, the Medical Medium, has helped tens of thousands of people heal from ailments that have been misdiagnosed or ineffectively treated—or that medical communities can’t resolve. And he’s done it all by listening to a divine voice that literally speaks into his ear, telling him what is at the root of people’s pain or illness and what they need to do to be restored to health. In his first book, the New York Times bestseller Medical Medium, Anthony revealed how you can treat dozens of illnesses with targeted healing regimens in which nutrition plays a major role. Medical Medium Life-Changing Foods delves deeper into the healing power of over 50 fruits, vegetables, herbs and spices, and wild foods that can have an extraordinary effect on health. Anthony explains each food’s properties, the symptoms and conditions it can help relieve or heal, and the emotional and spiritual benefits it brings. And he offers delicious recipes to help you enjoy each food’s maximum benefit, from sweet potatoes with braised cabbage stuffing to honey-coconut ice cream. YOU’LL DISCOVER: • Why wild blueberries are the “resurrection food,” asparagus is the fountain of youth, and lemons can lift your spirits when you’ve had bad news • The best foods to eat to relieve gallstones, hypertension, brain fog, thyroid issues, migraines, and hundreds more symptoms and conditions • The particular healing powers of kiwis, cucumbers, cat’s claw, coconut, and much more • Insight into cravings, how to use stress to your advantage, and the key role fruit plays in fertility Much of Anthony’s information is dramatically different from the conventional wisdom of medical communities, so don’t expect to hear the same old food facts reshaped here. Instead, expect to get a whole new understanding of why oranges offer more than just vitamin C—and a powerful set of tools for healing from illness and keeping yourself and your loved ones safe and well. Here are just a few highlights of what’s inside: • Critical information about the specific factors behind the rise of illness and how to protect yourself and your family • Foods to repair your DNA, boost your immune system, improve your mental clarity, alkalize every body system, shield you from others’ negative emotions, and so much more • Techniques to make fruits, vegetables, herbs and spices, and wild foods the most healing they can be for your individual needs Plus targeted foods to bring into your life for relief from hundreds of symptoms and conditions, including: • ANXIETY • AUTOIMMUNE DISORDERS • CANCER • DIABETES • DIGESTIVE PROBLEMS • FATIGUE • FOOD ALLERGIES • INFERTILITY • INFLAMMATION • INSOMNIA • LYME DISEASE • MEMORY LOSS • MIGRAINES • THYROID DISEASE • WEIGHT GAIN

The Healing Powers of Chocolate

A Complete Guide to Nature’s Timeless Treasures

The Honey Book

Honey Analysis

The Essential Guide to 50 Plant-Based Nutritional Sources

The Honey Prescription

Medicinal Herbs for Common Ailments

Honey typically has a complex chemical and biochemical composition that invariably includes complex sugars, specific proteins, amino acids, phenols, vitamins, and rare minerals. It is reported to be beneficial in the treatment of various diseases, such as those affecting the respiratory, cardiovascular, gastrointestinal, and nervous systems, as well as diabetes mellitus and certain types of cancers; however, there is limited literature describing the use of honey in modern medicine. This book provides evidence-based information on the pharmaceutical potential of honey along with its therapeutic applications and precise mechanisms of action. It discusses in detail the phytochemistry and pharmacological properties of honey, highlighting the economic and culturally significant medicinal uses of honey and comprehensively reviewing the scientific research on the traditional uses, chemical composition, scientific validation, and general pharmacognostical characteristics. Given its scope, it is a valuable tool for researchers and scientists interested in drug discovery and the chemistry and pharmacology of honey.

Indulge your sweet tooth all year long with honey’s many seasonal flavors. Use avocado honey to add depth to April’s baby carrots; spice up your July peaches with sourwood honey; and add some cranberry honey to November’s Thanksgiving spread. This delightful book is filled with bits of honey lore and beekeeping history to sweeten your exploration of the varied and delicious ways you can use honey every day.

Harness the healing power of plant-based foods Natural medicine isn't just herbs and oils--what you eat every day has the power to support your health and well-being. Healing through Nutrition is your essential guide to 50 plant-based foods packed with vital nutrients like antioxidants and dietary fibers. With this nutrition reference at your fingertips, it's easy to integrate more plants into your diet--and invite their healing properties into your life. Discover some of the greatest benefits of plant-based nutrition and learn the basics about food and beverage remedies. With details for a wide variety of superfoods--vegetables, fruits, whole grains, nuts, herbs and spices, even coffee and tea--you'll find resources for many common health problems. In Healing through Nutrition, you'll find: 50 healing sources--Get acquainted with each food's restorative powers, the medical conditions it may benefit, and how you can use it in your everyday life. 94 nourishing recipes--Integrate each nutrition source into your life with one or two accompanying recipes, like Apple Cinnamon Ginger Oats, Chickpea-Stuffed Acorn Squash, Grapefruit Avocado Salad, and more. Food as medicine--Explore a short history of nutritional healing and get the rundown on adding medicinal foods to your diet for overall wellness. Apply Mother Nature's helping hand to many possible health issues with Healing through Nutrition.

Relates events from the life of a girl who would grow up to be a close follower of Jesus Christ, interspersed with stories of the Apostle Matthew.

Blood & Honey

Healing Herbal Honeys

A Complete Guide to Nature's Most Remarkable Remedy

The Healing Powers of Honey

Ideas and Inspiration for Living with Crystals

The New Stone Age

The author's approach to depression, anxiety, and obsessive-compulsive disorder demonstrates how to strengthen sections of the brain connected to spiritual well-being through exercise, meditation, and breathing techniques.

The Healing Powers of HoneyThe Healthy & Green Choice to Sweeten Packed with Immune-Boosting AntioxidantsKensington Publishing Corp.

"This book will help you stay healthy . . . for good " --Ann Louise Gittleman, Ph.D. Discover Honey's Amazing Bee-Healthy Powers Did you know'... - Eating honey can help lower the risk of heart disease, cancer, diabetes--even help reduce body fat and unwanted weight --and increase longevity. - Pure, raw, unprocessed honey is a healthier sweetener than table sugar and high-fructose corn syrup. It's chock-full of antioxidants, minerals, and vitamins--and only has 21 calories per teaspoon. - Honey can relieve a variety of ailments, including allergies, coughs, fatigue, digestive woes, skin problems, pain, and stress, as well as boost libido. Drawing on the latest honey buzz and interviews with medical doctors, beekeepers, and researchers, this enlightening book reveals 30 healing honey varieties, tells you how to incorporate honey into heart-healthy recipes such as Honey Custard French Toast and Honey-Glazed Game Hen, and provides more than 50 home cures, plus beauty treatments and household uses--all made with the amazing honey bee's gifts "This eye-opening book provides you with a delicious truth of the traditional Mediterranean diet: Honey is a sumptuous route to optimal health." --Dr. Will Clower, author of The French Don't Diet Plan Boost your immune system with antioxidants, lower your risk for the flu, cancer, diabetes, heart disease, and more--with honey--the healthy sweetener that's also the green choice for today's fast-changing world! Drawing on the latest honey buzz and interviews with medical doctors, beekeepers, and researchers, this charming and enlightening book (sweetened with stories about honey bees and humans) reveals 30 healing honey varieties paired with cinnamon and teas, tells you how to incorporate honey into Mediterranean-style, heart-healthy recipes like Honey Custard French Toast, Honey-Glazed Game Hen, and Filo Pear and Honey Tarts, and provides more than 50 home cures that combat digestive woes to skin woes, while boosting immunity. You'll also enjoy Cleopatra's milk-and-honey beauty treatments and eco-friendly beeswax household uses--all made with the amazing honey bee's gifts! Did you know?... Known as Mother Nature's "nectar of the gods," honey was praised for its healing powers as far back as 5,000 years ago by Egyptians. Eating honey can help lower the risk of heart disease, cancer , diabetes--even help reduce body fat and unwanted weight!--and increase longevity and raise immunity. Pure, raw, unprocessed honey is a healthier sweetener than table sugar and high fructose corn syrup. It's chock-full of antioxidants, minerals, and vitamins--and only has 21 calories per teaspoon. Super "bee foods" (including nutrient-rich bee pollen, propolis, and royal jelly) are used and touted for their healing powers by beekeepers and medical experts in the present-day. Honey can relieve a variety of ailments, including allergies, coughs, fatigue, pain, and stress, as well as boost libido. The honey bee pollinates about one-third of the food we consume (including nutritious fruits and nuts). "A fascinating read about a natural remedy that is a rich source of antioxidants." --Ray Sahelian, M.D., author of Mind Boosters "This eye-opening book provides you with a delicious truth of the traditional Mediterranean diet: Honey is a sumptuous route to optimal health." --Dr. Will Clower, Ph.D., author of The French Don't Diet Plan

Amazing Honey, Garlic, & Vinegar

The Healing Power of Essential Oils

The Amazing Power of Honey as Medicine

Home Remedies & Recipes

Soothe Inflammation, Boost Mood, Prevent Autoimmunity, and Feel Great in Every Way

Bee Products

Honey for Health

Explores the latest scientific research on the healing powers of honey • Explains the physiological reasons why honey is so effective and includes recipes for honey-based remedies for many different ailments • Discusses the sacred role of bees from ancient Egypt to modern times and the problem of Colony Collapse Disorder (with methods for protecting hives) • Reveals the healing power of honey for many common problems--from burns, ulcers, and conjunctivitis to tooth decay, diabetes, and cystic fibrosis--and honey's ability to kill superbugs like E. coli The use of honey as a healing agent is nothing new. It was an ingredient in medicinal compounds and cures made by Egyptian physicians 5,000 years ago, and its medical use has been found in other ancient practices from traditional Chinese medicine and Indian Ayurveda to Mayan shamanism. In the past ten years there has been an explosion in scientific research on honey as medicine at universities, research centers, and medical clinics around the world. Presenting the very latest scientific and medical evidence of the healing properties of honey—including that from the Honey Research Unit at the University of Waikato in New Zealand--Nathaniel Altman explores the broad spectrum of medicinal uses of honey and how these remedies can be used safely at home as well as by licensed health practitioners. He includes an extensive selection of honey-based recipes that can be used to treat common health problems--from burns, conjunctivitis, and ulcers to tooth decay, diabetes, and cystic fibrosis. He explains the physiological reasons why honey is so effective in treating antibiotic-resistant diseases with no side effects and honey's ability to kill "superbugs" like E. coli and MRSA (Methicillin-resistant Staphylococcus aureus). Drawing on centuries of material from historical and folk medicine sources, he also examines the sacred role of bees from ancient Egypt onward and the modern problem of Colony Collapse Disorder, including methods for protecting our precious hives.

The Ultimate Handbook for Using Whole Foods and Lifestyle Changes to Bolster Your Body's Ability to Repair and Regulate Itself America is at the brink of a health care meltdown. Whole foods and harnessing nature's wisdom may provide the answers to many of our health challenges. In this landmark book, an internationally respected nutritionist and author tackles the complex subject of how foods can prevent and even reverse common health ailments. This book offers the best of science without complex terms, and conveys the simple message that whole foods contain an elegant array of known essential nutrients that can bring the body above surviving, through illness, and into thriving through wellness. Dr. Quillin uses case studies to explain how we can develop good judgment in choosing foods wisely. The book includes an alphabetic listing of the health benefits of whole foods, nutritious and delicious recipes, advice on general wellness, weight loss, and diabetes control, and how whole foods can dramatically reduce the risk for cancer.

"This book is a wake-up call to show coffee, an emerging ancient remedy, is now the "newest" health food"—includes recipes and cures! (Ann Louise Gittleman, Ph.D.) Java facts you didn't know . . . According to legend, an Ethiopian goat herder was the first to discover the energizing benefits of the coffee bean plant centuries ago. Drinking freshly ground coffee from whole beans can help lower the risk of heart disease, cancer (including breast, prostate and skin), cirrhosis, type 2 diabetes, Alzheimer's and Parkinson's disease! Coffee is the number #1 source of antioxidants in the U.S. diet. Coffee can relieve a host of ailments, including asthma, dental woes, gallstones, headaches, short term memory loss, muscle pain, as well as help you slim down and shape up! Percolating with information about the world's favorite superfood, as well as interviews with medical doctors, researchers, and coffee roasters, this intriguing book (with a jolt of past and present coffee culture) describes coffee types and blends, and flavored varieties (both regular and decaf), like chocolate, fruits, nuts, and spices. Discover why this potent elixir has gone from vice to virtue and how to incorporate coffee in Mediterranean-style, healthful recipes like Cappuccino Biscotti, Thai Coffee Spice Chicken Sates, Coffee Cheesecake and Maple Espresso Pudding (plus DIY espresso drinks). Also included are more than 50 home cures that fight seasonal affective disorder to fatigue, plus beauty and anti-aging treatments, and eco-friendly household uses—all made with coffee's magical beans! “A cup or two of Joe every day is a good way to boost mood, energy and overall health.”—Julian Whitaker, M.D., founder of the Whitaker Wellness Institute

Honey - the purest and most natural food in the world. Honey - a remarkable source of fitness and energy Honey - renowned for its healing powers for millions of years Honey - a marvellous health food and beauty treatment Cecil Tonsley is a beekeeper, a leading authority on honey and honey products, and well-known in beekeeping circles all over the world. He has written the full story of this wonderful, extraordinary substance which will never lose its fascination.

Medical Medium Life-Changing Foods

The Honey Power

The Day Boy and the Night Girl

The Healing Powers of Tea

Moon Bath

Poisoned Honey

The Last Beekeeper

RECOMMENDED BY DOLLY PARTON IN PEOPLE MAGAZINE! A NEW YORK TIMES BESTSELLER A USA TODAY BESTSELLER A LOS ANGELES TIMES BESTSELLER A PBS BOOK PICK The bestselling historical fiction novel from Kim Michele Richardson, this is a novel following Cussy Mary, a packhorse librarian and her quest to bring books to the Appalachian community she loves, perfect for readers of William Kent Kreuger and Lisa Wingate. The perfect addition to your next book club! The hardscrabble folks of Troublesome Creek have to scrap for everything—everything except books, that is. Thanks to Roosevelt’s Kentucky Pack Horse Library Project, Troublesome’s got its very own traveling librarian, Cussy Mary Carter. Cussy’s not only a book woman, however, she’s also the last of her kind, her skin a shade of blue unlike most anyone else. Not everyone is keen on Cussy’s family or the Library Project, and a Blue is often blamed for any whiff of trouble. If Cussy wants to bring the joy of books to the hill folks, she’s going to have to confront prejudice as old as the Appalachias and suspicion as deep as the holler. Inspired by the true blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service of the 1930s, The Book Woman of Troublesome Creek is a story of raw courage, fierce strength, and one woman’s belief that books can carry us anywhere—even back home. Look for The Book Woman’s Daughter, the next novel from Kim Michele Richardson coming in May 2022. Other Bestselling Historical Fiction from Sourcebooks Landmark: The Mystery of Mrs. Christie by Marie Benedict The Engineer’s Wife by Tracey Enerson Wood Sold on a Monday by Kristina McMorris

Nathaniel Altman explores both modern and ancient medicinal uses of honey and how these remedies can be used safely at home as well as by health practitioners. He also examines the problem of Colony Collapse Disorder, suggesting methods for protecting our precious hives.

Are ETs healing humans?The answer, of course, is yes! In this landmark book, The Healing Power of UFOs, leading UFO researcher, Preston Dennett, presents a fascinating compilation of more than 300 cases of people who have been healed by extraterrestrials. Supported by firsthand eyewitness testimonies, stretching back more than 100 years to the present day, coming from across the United States and the world, this book proves that healing humans is one of the primary alien agendas on our planet. Verified by doctors and leading UFO researchers, the UFO healing cases represent incontrovertible evidence of UFO reality. Preston Dennett began his research into UFO healings in the early 1990s. His first book, UFO Healings (1996, Wild Flower Press) was the first book published on the subject, and presented more than 100 cases. This new volume presents the original cases (with new information) plus 200 more, many of which have never been published before. Preston Dennett has been documenting and researching healing cases for more than 25 years and is the world's leading expert on UFO healing accounts. This landmark book is the culmination of his research and settles the question once and for all that medical healings as the result of a UFO encounter do actually happen.The healings include a wide variety of conditions. Injuries and flesh wounds, colds, flu and infections, serious diseases--all have been cured by ETs. Inside you will find: -More than 70 healings of injuries.-More than 50 healings of colds, minor illnesses and ailments.-More than 120 healings of serious illnesses and chronic diseases.-More than 40 healings of cancer.-Cases involving "health upgrades."-Cases involving healings of animals and even plants.-A study of the connection between UFO abductions and psychic healing.-Accounts in which people have been "rescued" by ETs.-A study of miraculous cures from angels, NDEs, OBEs, lightning strikes, past life therapy, Native American ceremonial healings and more.-Evidence that our governments have obtained UFO healing technology and are using it for themselves.Who is being healed and why? What types of ETs are doing the healing? How are these healings being done? Are ETs our friends or foes? This massive 500-page book dives into the heart of the phenomenon and answers all these questions and more. Ignored for far too long, the UFO healing cases show a positive aspect to a phenomenon that has been saturated with disinformation for decades. The truth can no longer be denied. The aliens have arrived and as this book will show, one of their primary missions is the healing of all humanity.

‘ Reminds me of Khaled Hosseini, poignant and heartwarming... Simply a beautiful story that had me reading until 3:30 in the morning ’ Sarah, [NetGalley](#)

Recipes, Anecdotes, and Lore
300 True Accounts of People Healed by Extraterrestrials
The Healthy & Green Choice to Sweeten Packed with Immune-Boosting Antioxidants
Bathing Rituals and Recipes for Relaxation and Vitality
Curative Properties of Honey and Bee Venom
Healing Through Nutrition
Healthy Honey Cookbook

Discover wellness in a cup—with dozens of tea-licious recipes and treatments to benefit body and mind! “A fascinating book.” —Anne Gittleman, PhD, author of The Fat Flush Plan It picks you up and calms you down, warms you and refreshes you. With black, white, red, green, and herbal varieties, there’s a tea for every taste, and now this time-honored superfood is trending as the drink of choice for health-conscious people of all ages and cultures. This fascinating book boils down the rich history of tea—as well as the ever-expanding list of health and weight loss benefits found in its leaves. You’ll discover: · How black and white teas are heating up the beverage world with antioxidants and nutrients that lower heart disease, stroke, and cancer risk, and fight inflammation, viruses, and bacteria. · How age-defying spa treatments made from tea can soothe your skin, soften your hair, and give you an all-over glow and peace of mind. · The latest knowledge from top medical researchers and tea experts on how the superfood can tackle digestive problems, depression, anxiety, aches and pains, and add years to your life. · Over 50 home cures you can stir up to boost energy and lessen stress, and treat the common cold, insomnia, and more. · Comforting recipes like Warm Scones with Jam and Devonshire Cream, Assorted Finger Sandwiches, Scrumptious White Tea Scallops, and Russian Tea Cookies paired with the perfect brew—hot or iced. Better health is just a sip away. With this book (sweetened with lively stories) you’ll learn the hottest tips to improve your health, boost brainpower—and even clean your house! The key to vibrant health for all generations is in your kitchen . . . Anise, bay leaf, garlic, parsley, turmeric, and more—for thousands of years, herbs and spices have been praised for preserving and flavoring food, as well as preventing and curing illnesses. The latest research reveals that the seasonings already in your pantry—or easily found fresh in your supermarket or garden—can lower your risk for cancer, heart disease, and obesity. This A-to-Z guide catalogues the most popular and versatile herbs and spices, drawn from the Mediterranean Diet but suitable for any diet plan. You will learn how to harness herbalism to heal your body and mind. Discover how to use nature’s gifts including allspice, chives, fennel, oregano, pepper, tarragon, saffron, and special blends like Herbes de Provence to:

*Bring abundant zest to your table while lowering your cholesterol, balancing your blood sugar, and revving up your metabolism—at any age! *Ward off colds and flu, banish a hacking cough, and even ease PMS or menopause woes, by adding tasty plant therapy to your favorite food or drink. *Lessen your anxiety and boost your mood with aromatic natural ingredients found in dried and fresh flavorings. *Soothe aches and pains without harmful side effects—and trigger feel-good endorphins—using sweet and savory garnishes, including edible flowers. *Create in-home spa treatments using the same herbal potions featured at luxury spa resorts. Caraway Breadsticks, anyone? How about Cilantro Lime Slaw, Herbal Greek Bean Soup, or Roasted Paprika Cornish Hens? With over 50 taste-tempting recipes, along with personal stories and fascinating historical anecdotes on medicinal uses dating back to biblical times, The Healing Powers of Herbs and Spices is your go-to guide to embracing limitless energy and healthy longevity while feasting on memorable meals full of aroma and deliciousness! Includes 16 pages of color photos

Fans of Tree: A Peek-Through Picture Book can now fly along with Bee on her very busy day! Through a hole in the book's cover, a bee is buzzing inside a flower. Peek into this bright and lively book and discover the big ways this little insect contributes to the beauty of the environment, from pollinating colorful flowers to buzzing about the bright and beautiful meadow. With clever peekaboo holes throughout, each page reveals new flowers and plants, plus a look inside a beehive as the bees work together to help a plants grow. Children will love seeing the details of a bee's active day as each page is turned, and along the way they'll learn about ways in which bees and plants works together to produce a healthy, beautiful environment.

For centuries honey has been regarded as a wonderful gift of nature in which the properties of an excellent food, beneficial alike to adults and children, are combined with medicinal properties. Ancient Russian manuscripts attached great importance to honey as a medicine. Popular medicine has successfully used it for many diseases from time immemorial. The results of experiments and observations made by the medical science in recent decades have proved that honey is an important medicine possessing many-sided therapeutic properties.Honey is very effective in the treatment of some pathological conditions of the intestinal tract, the respiratory organs, the heart, and the nerves.The knowledge that bee venom possesses medicinal properties has come down to us from remote antiquity. Written evidence, as well as the observations of many beekeepers and our own long experience, confirm the effectiveness of been venom in the treatment of rheumatic fever, neuritis and some other diseases.Honey and bee venom treatment must be carried on under the supervision of a physician and can be made a component part in a complex of curative measures for many diseases.

Properties, Applications, and Apitherapy
The Wisdom and Healing Power of Whole Foods
Therapeutic Applications of Honey and its Phytochemicals

A Novel
Sweet Remedies
The Miracles of Honey and Its Amazing Health Benefits (Use Honey Natural Remedies for Health, Beauty and More...)
A Story of Mary Magdalene

All about nature's sweetener, plus info on honeybees, legends, and lore.
Reveals for the first time the ancient tradition of bee shamanism and its secret practices and teachings • Examines the healing and ceremonial powers of the honeybee and the hive • Reveals bee shamanism ' s system of acupuncture, which predates the Chinese systems • Imparts teachings from the female tradition and explores the transformative powers of the magico-sexual elixirs they produce Bee shamanism may well be the most ancient and enigmatic branch of shamanism. It exists throughout the world--wherever in fact the honeybee exists. Its medicinal tools--such as honey, pollen, propolis, and royal jelly--are now in common usage, and even the origins of Chinese acupuncture can be traced back to the ancient practice of applying bee stings to the body ' s meridians. In this authoritative ethnography and spiritual memoir, Simon Buxton, an elder of the Path of Pollen, reveals for the first time the richness of this tradition: its subtle intelligence; its sights, sounds, and smells; and its unique ceremonies, which until now have been known only to initiates. Buxton unknowingly took his first steps on the Path of Pollen at age nine, when a neighbor--an Austrian bee shaman--cured him of a near-fatal bout of encephalitis. This early contact prepared him for his later meeting with an elder of the tradition who took him on as an apprentice. Following an intense initiation that opened him to the mysteries of the hive mind, Buxton learned over the next 13 years the practices, rituals, and tools of bee shamanism. He experienced the healing and spiritual powers of honey and other bee products, including the " flying ointment " once used by medieval witches, as well as ritual initiations with the female members of the tradition--the Mellisae--and the application of magico-sexual " nektars " that promote longevity and ecstasy. The Shamanic Way of the Bee is a rare view into the secret wisdom of this age-old tradition.

Amazing Honey Remedies to relieve arthritis pain, kill germs, heal infection and much more!Each page is packed with healing home remedies and ways to use honey to heal wounds, fight tooth decay, treat burns, fight fatigue, restore energy, ease coughs and even make cancer-fighting drugs more effective. Great recipes too!
A collection of natural recipes, home cures, and ageless secrets from an amazing treasure chest of surprise, delicious superfoods. Apples, leafy greens, shellfish, yogurt—even ice cream and pasta. The latest scientific studies reveal that many of the classic foods you've always loved are superfoods that can supercharge your health! Not only are they delicious, they're affordable—plus these essential farm-to-table favorites can work with any diet plan, from the balanced Mediterranean Diet to the hunter-gatherer Paleo plan. With over 50 recipes for both cooked and raw dishes, including smoothies and soups, a detox juice fast and a jump-start pounds-off diet, this down-to-earth guide will show you how to get healthy and stay healthy with body-friendly superfoods. *Boost your immune system with citrus and nutrient-dense berries, including fresh, frozen, and dried. *Enjoy the healthy fats in eggs and nuts, including nut butters, to fight inflammation, slow the aging process, and lower your risk of cancer, heart disease, and diabetes. *Trade white sugar for antioxidant-rich sweeteners like maple syrup, the newest superfood! *Create home remedies designed to ease anxiety, improve sleep, boost brainpower and enhance energy. *Keep your home spotless for kids and pets using eco-friendly superfood-rich formulas. *And more! Now you can indulge in a Pesto Pizza or Berry Basil Smoothie, a Chicken Bone Broth or dark chocolate gelato, while chilling with an ancient-oats facial or relaxing in a warm, herb-scented bath. Infused with heartwarming stories and inspiring legends, this book will take you to a world of wellness that starts at home with our favorite foods from Mother Nature—enjoyed in a new way with a

A Complete Guide to Nature's Favorite Functional Foods
In Tantra, Ayurveda, and Astrology
Vol.1
Enhance Your Brain to Improve Your Work, Love, and Spiritual Life
84 Recipes from a Beekeeper's Kitchen
Bee: a Peek-Through Picture Book
The Healing Powers of Coffee

Includes recipes, remedies, household cleaning formulas, and beauty preparations.

A riveting novel about what we choose to keep from our past, and what we choose to leave behind, from the New York Times bestselling author of Wish You Were Here and the bestselling author of She's Not There. Olivia McAfee and Ava Campanello have each had a change of life forced upon them. Olivia never dreamt that after her messy divorce she would find herself back in her sleepy New Hampshire home town, living in the house she grew up in and taking over her father's beekeeping business. Ava is also in search of a fresh start, moving to Adams with her daughter Lily who is in her final year of high school. For a short while these new beginnings are just what everyone hoped for. Olivia's son Asher falls for the new girl at school and Lily can't help but fall for him too. With Ash she feels happy for the first time, yet at times she wonders if she can trust him completely. Then one day Olivia receives a phone call. Lily is dead and Ash is being questioned by the police. Olivia is adamant that her son is innocent, but she also has to acknowledge to herself the flashes of his father's dangerous temper in him. As the case unfolds she realises Ash has hidden more than he's shared with her. Mad Honey is a gripping novel of suspense, a poignant love story, and a moving and powerful exploration of the secrets we keep and the risks we take.

Revised and updated to include the latest information, this invaluable resource, featuring dozens of delicious recipes, explains how to use the versatile healing potential of vinegar to help retard osteoporosis, slow the effects of aging, reduce headaches, reduce cholesterol, and more. Original.

The nature .and diversity of presentations at the conference on: "Bee Products: Prop erties, Applications and Apitherapy" held at Tel-Aviv on May 26--30, 1996, emphasize the increasing interest of physicians, practitioners, scientists, herbalists, dieticians, cosmeti cians, microbiologists, and beekeepers in different facets of bee products. This volume consists of a selection of 31 contributions presented at the conference and which provide information on the present status of our knowledge in this area. In spite of their diversity, they reflect the mainstream of the conference, namely: "Imported" Prod ucts (honey, pollen and propolis), Exocrine Secretions of Workers (venom, royal jelly). Toxicity and Contaminants, Quality Control, Marketing, Apitherapy, Cosmetics, etc. Since antiquity, honey as well as other bee products were used as food, as a cure for ailments of humans and animals, and as cosmetics. We hope that this volume will contribute to interdisciplinary studies on chemical composition, pharmacological effects, nutrition, and other aspects of bee products. Critical and unbiased experimental research may unravel the yet unknown composition and mode of action of bee products and elucidate many unanswered questions. The noteworthy features of this conference were the participants from all parts of the world and of different cultural backgrounds, who shared their keen interest and curios ity regarding honey bees and their products. We thank all of them for their personal con tribution to the success of this conference.

The Healing Power of Gemstones
The Shamanic Way of the Bee
Mad Honey
Save Yourself and the Ones You Love with the Hidden Healing Powers of Fruits & Vegetables
Healing the Hardware of the Soul
Ancient Wisdom and Healing Practices of the Bee Masters
The Healing Power of Herbs

LIMITED TIME OFFER! Hurry, before this promo period ends! Get this Amazon book at the discounted price now!THE HONEY POWER: The Miracles Of Honey And Its Amazing Health Benefits (Use Honey Natural Remedies For Health, Beauty And More...)THE HONEY POWER: The Miracle of Honey and Its Amazing Health Benefits is the perfect book for those curious about honey and the amazing healing powers of honey.From scientists and doctors to authors and readers, everyone has started to realize the importance of natural blessings to avoid the harmful side effects of artificial solutions to everyday problems.This perfectly explains why we are hearing so much about the honey miracle, the honey prescription and honey benefits these days. This book is solely dedicated to the miracle of honey i.e. its amazing benefits.In this book, the author aims at debunking some of the most common myths about honey. In addition to highlighting the invaluable benefits of honey, the book shares tips on how you can add honey to your lifestyle.Here's a quick look at some of the things that you'll get with this book:Discover Common Honey MythsClear Your Doubts About Honey and Its Potential UsesGet An Insight Into Honey's Nutritional ValueLearn How Much Honey Is Safe To UseLearn About Honey And Its Various FormsLearn How To Find Quality HoneyDiscover The Amazing Health Benefits Of HoneyDiscover Innovative Ideas To Use Honey For HealthDiscover Innovative Ideas To Use Honey For BeautyDiscover Innovative Ideas To Use Honey For DetoxDiscover Innovative Ideas To Use Honey For Weight LossDiscover Innovative Ideas To Use Honey For InsomniaDiscover Innovative Ideas To Use Honey For Blood Sugar RegulationDiscover Innovative Ideas To Use Honey For DandruffDiscover Innovative Ideas To Use Honey For AllergiesDiscover Innovative Ideas To Use Honey For Natural HealingDiscover Innovative Ideas To Use Honey For Cold And FluDiscover Innovative Ideas To Use Honey For MemoryDiscover Innovative Ideas To Use Honey For IllnessesDiscover Innovative Ideas To Use Honey For Alcohol MetabolismDiscover Innovative Ideas To Use Honey For EnergyDiscover Innovative Ideas To Use Honey For Hair LossDiscover Innovative Ideas To Use Honey For Bad BreathDiscover Innovative Ideas To Use Honey For Improved DigestionDiscover Innovative Ideas To Use Honey For Skin CareAnd a whole lot more...HURRY, this is a limited time offer and you can download "

THE HONEY POWER: The Perfect Guide To Discover the Amazing Benefits of Honey to Cure, Detox, Heal and Beautify Your Body"!Select the "buy" button on the top of page to get this book before the price goes up again!TAGS: honey, uses of honey, benefits of honey, honey benefits, herbal remedies, honey cures, health, diet, honey natural remedies, honey books, books on honey, allergies, prepper's guide, prepper's pantry
A fashion-forward guide to living well with crystals from the jewelry editor of British Vogue—including guidance and advice from designers, jewelers, and celebrity crystal fans. The New Stone Age guides you through fifteen different types of stones, categorized by color, and teaches you how to stylishly incorporate them into your wardrobe, home, and beyond. Assigning each crystal to a particular ailment of the modern age, whether it ' s self-doubt, travel anxiety, or restlessness, Carol Woolton explains how a simple crystal worn around your neck, tossed in your purse, or sitting next to your computer can help inspire you to make positive changes in your life. Woolton traces the history of crystals, showing how the same quartz that was used as a form of protection in the handles of Egyptian daggers can also be hung near a bedside to help with burnout. Filled with insights, facts, and real-life stories from people who attribute dramatic personal improvements to their crystals, The New Stone Age is a fun and informative idea book for crystal lovers everywhere.

This is the most comprehensive guide to the chemical and subtle nature of gemstones and their use throughout history. Johari includes detailed instructions for the creation of gem talismans and the rituals surrounding the use of gems to obtain desired effects. He also uses Hindu astrology to explain the gems you should wear to maximize your physical and psychological well-being. New edition of a popular classic. This is the first book in this subject area to draw on the ancient Hindu sciences of Tantra, Ayurvedic medicine, and astrology, as well as on the author's own family tradition of gemology.

Moon Bath a luxurious guide that invites readers to immerse themselves in the healing powers of nature. This transformative book features 16 bath and shower rituals aligned with the lunar cycles and the natural rhythms of the cosmos. Organized by moon cycle—New Moon, Waxing Moon, Waning Moon, and Full Moon—each ritual includes a bath recipe featuring healing natural ingredients. • Includes affirmations and meditations • Journaling prompts promote reflection and self-discovery. • Filled with lush, nature-inspired photography Brimming with Ayurvedic wisdom and plant-based medicine, Moon Bath is a lovely companion for modern mystics, wellness enthusiasts, and anyone who wants to wash away the stresses of daily life. Bath recipes include ginger and baking soda for detoxification, cacao and rose to cultivate love, eucalyptus and bentonite clay to release negativity, and chamomile and lavender to connect to deep wisdom. • This beautiful guide to bathing rituals and bath recipes makes it easy to incorporate calming and enriching self-care practices into everyday life. • Perfect for women who love self-care, meditation, yoga, crystals, and those interested in Ayurveda • You'll love this book if you love books like Crystal Muse: Everyday Rituals to Tune In to the Real You by Heather Askinosie and Timmi Jandro; The Spirit Almanac: A Modern Guide to Ancient Self-Care by Emma Loewe and Lindsay Kellner; and Lunar Abundance: Cultivating Joy, Peace, and Purpose Using the Phases of the Moon by Ezzie Spencer.

The Healing Powers of Herbs and Spices
New Advances and Challenges
The Book Woman of Troublesome Creek
The Healthy and Green Choice to Sweeten Packed with Immune-Boosting Antioxidants
The Healing Powers of Vinegar
The Ultimate Handbook for Using Whole Foods and Lifestyle Changes to Bolster Your Body's Ability to Repair and Regulate Itself
The Healing Powers of Superfoods

The Healing Power of Herbs will help you confidently grow, prepare, and use herbs to treat and nurture yourself and your family. For hundreds of years, herbs have been sourced for their countless benefits to our minds and bodies. Today, as information is more widely available, more and more people are creating and using their own herbal remedies right at home. The Healing Power of Herbs delivers comprehensive descriptions of 30 vital herbs that are easy to find and grow, along with simple guidance for specific medicinal needs. The Healing Power of Herbs strips away the mystery of herbal medicine by revealing exactly how to get the most out of the herbs that surround us--many of which you already have in your kitchen--and feel empowered using tinctures to syrups and salves, The Healing Power of Herbs will arm you with the knowledge you need to confidently treat common ailments with nature's most healing remedies. Inside the pages of The Healing Power of Herbs you'll find: PROFILES OF MEDICINAL HERBS that include both commonly and lesser known uses, along with tips for successfully growing and harvesting them. GUIDANCE FOR SELECTING THE RIGHT HERBS based on your exact needs and the therapeutic properties of each plant. PREPARATION METHODS that feature recipes for making everything from virus-fighting elixirs, to sore muscle rubs, to tasty treats that kids will love! With The Healing Power of Herbs you will build a solid foundation for growing, preparing, and using 30 herbs to heal, and care for yourself and those you love.

From the author of The Healing Powers of Vinegar, a guide to the health benefits of chocolate, featuring recipes and remedies. Did you know?... Known as Mother Nature's "food of the gods," the medicinal benefits of chocolate were recognized as far as ancient Greece. Eating chocolate can help boost the immune system, lower the risk of heart disease, cancer, diabetes—even obesity—and increase lifespan. A 1.5-ounce bar of quality chocolate has as much antioxidant power as a 5-ounce glass of wine—without the alcohol. Chocolate is chock-full of mood-enhancing ingredients, including phenylethylamine (the "love drug") and serotonin. Chocolate can relieve a host of ailments, including depression, fatigue, pain, and PMS, as well as rev up your sex drive! Drawing on the latest research, as well as interviews with medical doctors and chocolatiers, this fascinating book reveals how to live longer and healthier while indulging in one of nature's most decadent and versatile foods. Explore real chocolate (infused with fruits, herbs, and spices) and heart-healthy recipes, plus home remedies that combat everything from acne to anxiety. You'll also discover rejuvenating beauty and anti-aging spa treatments—all made with antioxidant-rich chocolate! "Can dark chocolate boost brain power? This book will tell you. Chocolate is a powerful ally. It can help you live longer, healthier, and happier. It can help you lose weight, lower your blood pressure, and improve your mood. It can help you feel better, and it can help you love life. Chocolate is a gift from Mother Nature. It's time to take it all in. Intake of antioxidant-rich cacao foods is likely to do just that, and more." —Ray Sahelian, MD, author of Mind Boosters
The stakes are higher. The witches are deadlier. And the romance is red-hot. The eagerly anticipated sequel to the New York Times and Indiebound bestseller Serpent & Dove is perfect for fans of Sarah J. Maas and is an instant New York Times bestseller. In this new novel, Lou and Ansel are on the run from coven, kingdom, and church—fugitives with nowhere to hide. To survive, they need allies. Strong ones. But as Lou becomes increasingly desperate to save those she loves, she turns to a darker side of magic that may co

can't bear to lose. Bound to her always, his vows were clear: where Lou goes, he will go; and where she stays, he will stay. Until death do they part. Don't miss Gods & Monsters, the spellbinding conclusion of this epic trilogy!

Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: • Healing the gut and relieving digestive disorders • Balancing blood sugar, blood pressure, and heart function • Neutralizing and flushing toxins from the liver and brain • Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, eating disorders, autoimmune disorders, Lyme disease, and eye problems After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guide to how to drink celery juice, how to make celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as "Is it safe to drink celery juice while pregnant?", "Is blending better than juicing?", and "Can I take my medications with it?" Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls "one of the greatest healing tonics of all time."

The Most Powerful Medicine of Our Time Healing Millions Worldwide

The Healing Power of UFOs

Medical Medium Celery Juice

The Fresh Honey Cookbook