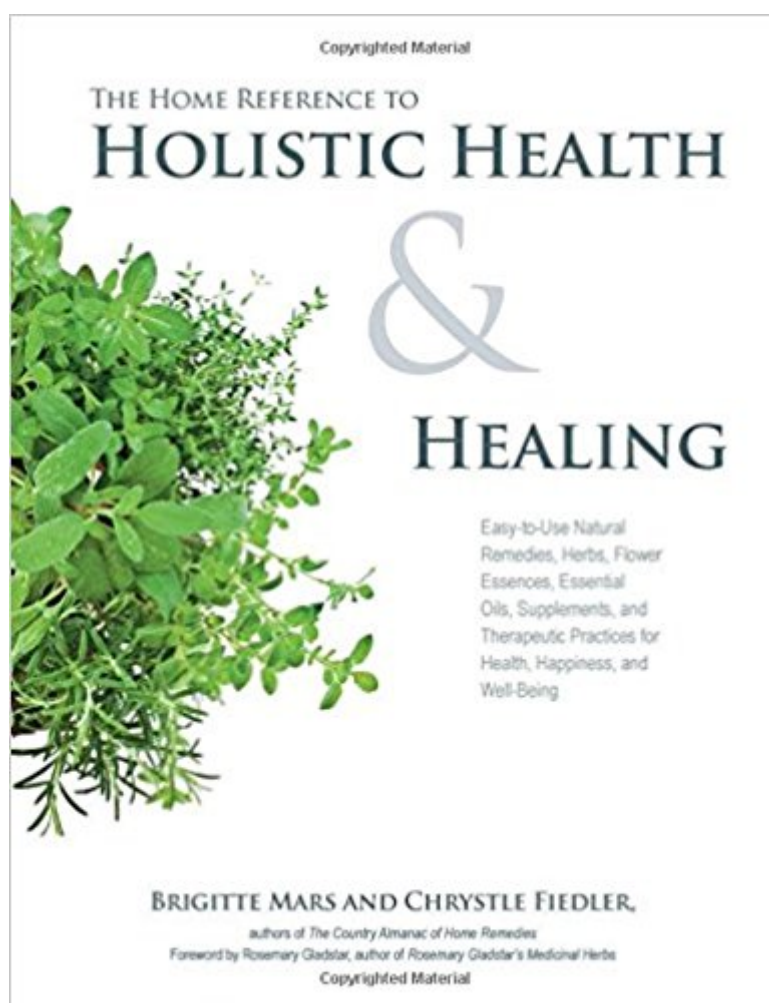


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# The Home Reference To Holistic Health And Healing: Easy-to-Use Natural Remedies, Herbs, Flower Essences, Essential Oils, Supplements, And Therapeutic Practices For Health, Happiness, And Well-Being





## Synopsis

Reduce stress and live better, naturally! Learn time-tested remedies and safe solutions for dealing with stress. In *The Home Reference to Holistic Health and Healing* founding member of the American Herbalist Guild Brigitte Mars offers time-tested remedies and advice to learn how to reduce stress and anxiety, improve sleep, mood, immunity and mental acuity and live a more balanced and happier life. Natural remedies such as herbs, vitamins, minerals, flower essences, and therapeutic practices including yoga, aromatherapy, and meditation can ease the symptoms of stress-related conditions, and improve overall health and well-being.

## Book Information

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## Customer Reviews

**Ease Anxiety**      **Natural Practices**      **The Relaxation Response**      1. Sit or lie down in a quiet place.      2. From head to toe, progressively relax all the muscles of your body.      3. Next, focus on repeating a word, phrase, or image silently to yourself.      4. When other thoughts arise, detach and let them go.      5. Start with ten minutes, twice a day, and work up to twenty      Practicing the relaxation response is simple. You just focus on a phrase or a set of phrases. Doing this reduces the stimulation in the emotional center of the brain, making you calmer.      **Healing Herbs for Anxiety**      You've probably heard of kava kava, a plant native to the South Pacific, whose extract has been used for thousands of years in rituals and ceremonies and as a social drink. Kava was given its name by Captain Cook, and it means "intoxicating pepper."      According to the National Institutes of Health, the majority of evidence shows that certain kava extracts (extracts standardized to 70 percent kavalactones) can lower anxiety and may be as effective as prescription

antianxiety medications called low-dose benzodiazepines. Kava kava was recently approved in Germany for its antianxiety effects. You'll need to be patient, though, as it takes up to eight weeks of treatment to see improvement. You also need to be under the supervision of a doctor, because this herb can cause liver toxicity. Other helpful herbs include hawthorn, which nourishes the physical and emotional heart; eleuthero, which helps the body adapt to stress; and California poppy, which is cooling, calming, nonnarcotic, and soothes the emotional body. Wild lettuce extract helps to calm anxiety, while wild oat helps calm acute anxiety. Follow dosage directions on each supplement. Adaptogens such as ginseng, ginkgo, ashwagandha, and reishi mushroom can also help the body acclimate to stress. Passionflower targets GABA (gamma-aminobutyric acid), which affects the way neurons connect in the brain. A small study published in the *Journal of Clinical Pharmacy and Therapeutics* in 2001 showed that passionflower was as effective as oxazepam (a medication used to ease anxiety disorders, brand name Serax) for generalized anxiety disorder, without any of the side effects. **Cure Caution:** Herbs such as kava kava can help to ease anxiety, but if you are already taking prescription medications for your condition, check with your doctor before adding supplements

". . . wonderful information from the big basket of overflowing wisdom kept by Brigitte Mars. Dip in. Enjoy!" - Susun S. Weed, author, *The Wise Woman Way* series, including *New Menopausal Years*"For those interested in holistic self-care, this is the one reference book they should have in their home library. It is comprehensive, practical, user-friendly, and a synthesis of Brigitte Mars' 40+ years as an herbalist, nutritionist, teacher, and healer." - Robert S. Ivker, D.O., cofounder, American Board of Integrative Holistic Medicine, and author, *Sinus Survival*"According to Brigitte (The Country Almanac of Home Remedies; Naropa Univ.) and Fiedler (Beat Sugar Addiction Now!; contributing author, *Prevention Magazine*), natural cures can help battle stress, anxiety, depression, and chronic pain and improve sleep and mental acuity. Offering medical disclaimers and common-sense cautions such as not mixing prescription drugs with alcohol and advising medical professionals of any natural remedies one is applying, the authors maintain that these kinds of therapies can improve a person's well-being and balance by restoring a sense of joy and contentment. A brief discussion of holistic practices and natural remedies (acupuncture, acupressure, aromatherapy, craniosacral therapy, flower essences, herbs, homeopathy, massage therapy, meditation, qigong, reflexology, and yoga) leads to material on stress, anxiety, mood, rest, brain power, weight, energy, pain, grief, trauma, joy, and happiness. The appendix includes brief, informational blurbs on essential herbs (name, plant family, medicinal uses, and contraindications); aromatherapy (plant

purpose, formula, and usage); teas, resources, and a bibliography. There is also a comprehensive index. The writing style, a mix of both friendly and technical with some industry terms, is intelligible. While serviceable to the average reader, the book would be stronger had the authors replaced jargon (e.g., "tonify" and "chologogue") with commonly spoken English or included a glossary.

Â- VERDICT Despite the occasional jargon, this title is affordable, informative, and basic. A helpful and current starting point for those seeking alternative medicine information." - Library Journal

Brigitte Mars, A.H.G, is a founding member of the American Herbalists Guild, and a noted herbalist, author and raw food chef with over 40 years of experience in natural living. She is the author of Country Almanac of Home Remedies (2011), The Desktop Guide to Herbal Medicine, Addiction Free Naturally, The Sexual Herbal, The Hemp Nut Cookbook, Rawsome!, and Healing Herbal Teas. Brigitte teaches at Naropa University, Bauman College of Holistic Health and Natural Chef, The School of Natural Medicine, Just for the Health of It School of Reflexology and Healing Arts, Boulder College of Massage Therapy, Esalen Institute, Kripalu, and at an Icelandic healing arts school called Heilsumeistraskolinn. She has a private practice, helps out at Pharmaca, and has a local weekly radio show on KGNU called Naturally. Brigitte lives in Boulder, Colorado.

Chrystle Fiedler is the author of over a hundred articles on health topics for many national publications including Woman's Day, Better Homes & Gardens, Prevention, Natural Health, Arthritis Today, Remedy, Medicine's Health Living, Spirituality & Health, The Health Monitor Network, Great Health, Vegetarian Times, Bottom Line/Women's Health, Heart Healthy Living and Health magazine.

Rosemary Gladstar has taught herbology extensively throughout the United States and has led herbal travel adventures worldwide. Her experience includes 20 years in the herbal community as a healer, teacher, visionary, and organizer of herbal events. Currently, she runs Sage Mountain in East Barre, Vermont, where she teaches and sponsors workshops and sells herbal preparations.

Herbalist Rosemary Gladstar has changed the practice of American herbalism during her 35 year career. She began her career in California, where after study she founded the California School of Herbal Studies in Forestville, California in 1978, which was the first herbal school in California. This school was taught by Gladstar with the help of herbalists such as Christopher Hobbs and is still functioning. She moved east to Vermont in the early 1990s and co-founded Sage Mountain Herbs. Becoming concerned about the ecological sustainability of medicinal plants, which were being decimated by the herb trade, Gladstar went on to found United Plant Savers, where she serves as president of the Board of Directors. Gladstar helped found the Northeast Herb Association in 1991. She is the co-director of the International Herb Symposium and The New England Women's Herbal

Conference. Gladstar is the author of several books, including Herbal Healing for Women, Herbs for Natural Beauty, Herbs for the Home Medicine Chest, Rosemary Gladstar's Family Herbal and Planting the Future: Saving Our Medicinal Herbs. She has taught herbs extensively throughout the U.S. She organizes the International Herb Symposium and the United Plant Savers conference, and speaks widely at other herbal conferences including the Southwest Conference, Medicines from the Earth, the Green Nations Gathering and Brietenbush. She also leads herbal travel adventures in various parts of the world.

I love the items in this book. I have fibromyalgia and i am down from 6 pills a day to 2. Off all narcotics. Yoga helps, too. 3 times a week faithfully. I researched herbs with the help of this book, and I have my own blend of tea that I drink 3 times a day. Life Saver, literally.

This book is great so many good informative methods that works! I study this book everyday and overall I love it!

I pre ordered this book and was not disappointed... I have never got a book by Brigitte Mars that I didn't love..... She is great. She is a Herbalist and well educated and I know I can trust what she has written....

Great book love it!

This is a interesting book packed full of useful information. I had taken it out of my library and knew I had to buy my own copy.

Very good book!

Great book

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Rheumatology, Natural Remedies, Holistic Health)

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