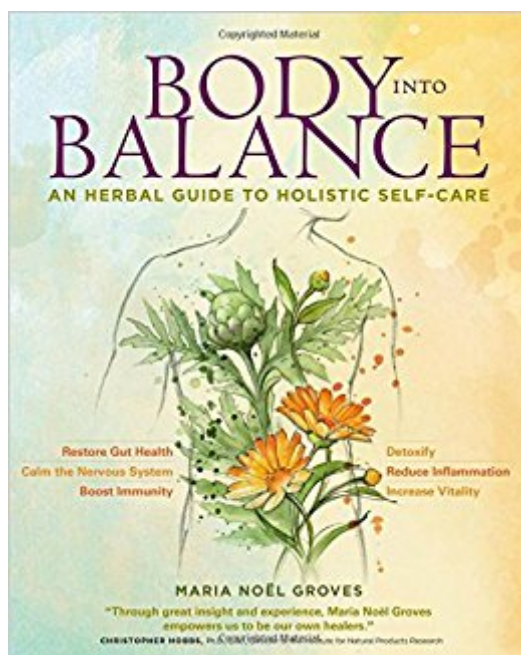


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# Body Into Balance: An Herbal Guide To Holistic Self-Care



## Synopsis

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noel Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems • respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more • optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

## Book Information

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## Customer Reviews

"Much of the modern illness we face is a reflection of life out of balance -- with nature, with daily rhythms, with ourselves. Maria Noel Groves offers readers an opportunity to return to nature by returning to ourselves. This is the beginning of our healing." — Aviva Romm, M.D., author of *Botanical Medicines for Women's Health*, winner of the James Duke Award for Excellence in Botanical Literature "Through great insight and experience, Maria Noel

Groves empowers us to be our own healers. — Christopher Hobbs, Ph.D., L.Ac., A.H.G., Institute for Natural Products Research (INPR) — “Maria Noel Groves guides readers to use botanicals safely and effectively, with an understanding that herbs offer the greatest health benefits when incorporated into a daily regimen to prevent disease. — David Winston, R.H.(A.H.G.) — “If you are floundering with your health care and need some guidance, this easy-to-understand introduction to herbal medicine is your book. — Sharol Marie Tilgner, N.D., author of *Herbal Medicine From the Heart of the Earth* — “Those who are interested in managing their health holistically may wish to incorporate herbs into their regime. Groves, an experienced herbalist, provides the necessary tools for doing just that. — A solid introduction to herbal medicine. — Library Journal

Achieve your optimal health by learning to use herbs most effectively. Clinical herbalist Maria Noel Groves helps you understand the root causes of diabetes, hypertension, nerve pain, thyroid disorders, and so much more, while also teaching you how to make natural medicine an integral part of your daily self-care routine.

Outstanding addition to anyone’s library. While the initial attraction to this book was the focus on using herbs to improve health, there is much more to it. Ms. Groves wants us to truly listen to our bodies and understand what is needed to feel our best. She educates the reader on how to address imbalances in our systems, but also helps us to dig deeper into the sources of the symptoms and to identify the true issues that cause them. The book also includes a thorough section on remedy making, with clear instructions on ways to use herbs in the form of teas, tinctures, oils, balms, and salves. For those interested in using herbs for body care and beauty, there are great recommendations for herbs to use in creams, lotions, and other skin care products. There are even lovely suggestions and instructions for using these healthy herbs in culinary treats such as sodas, cordials, vinegars, and bon-bons(!) that are so tasty that the health benefit is almost an afterthought. (Yes, I’ve tried those bon-bons and was quite impressed.) This is a book that you can definitely dip into for a specific topic, but really draws you in to read through as a whole. The author has a conversational style that presents a lot of detailed information in an approachable format. I am very pleased to add this book to my collection, and would highly recommend it as a thorough resource for anyone interested in learning more about how herbs can be an integral part of a healthy lifestyle.

I have never written a review on before—and I have never felt so strongly compelled to write one as

I do now. This book is **MAGICAL**, to put it mildly. As a newly budding herbalist, I've been slowly filling up my bookshelves with books on the subject, but none of them spoke to me the way that this one has, not just on an intellectual level but on a heart and soul level. Maria's writing is so clear and articulate that it literally felt like she was sitting right there next to me, pulling out herbs and personally explaining their uses to me. It's like sipping a cup of (herbal) tea with your best friend...after she's just shown you how to make it. The information is so comprehensive and well-organized, the pictures and presentation are gorgeous, and the recipes are so unique. I can't wait to try them all! When this book arrived in the mail, I literally couldn't put it down, and I know that I will return to it time and time again. Do yourself a favor and buy this book.

Body in Balance is a wonderful book! Very informative and most chapters end with a concise chart that categorizes the herbs that have been discussed in that chapter. I saw the author speak at the Mother Earth News Fair and knew I had to purchase her book!

This is the best, most thorough book I've ever read on herbs and healing your body. It just goes way above and beyond what one would expect. If you're experiencing any health issues, chronic pain, chronic illness, inflammation, chronic fatigue, low energy, gut problems, and other symptoms and diagnoses, this is the book for you. If you're a caretaker, if you feel burned out and stressed, if you're interested in helping other people and caring for your loved ones, if you care at all about maintaining good mental, emotional and physical health for years to come, **THIS IS THE BOOK**. There are great herbal tea recipes for specific health issues, clear, concise descriptions, and safety warnings on all types of herbs. This book covers such a huge variety of health problems, including mental and physical issues, that I can't imagine someone not being able to relate to it. I'm totally blown away and impressed by all this information. The pictures are helpful, showing a variety of herbs, and each page is full of helpful info, tips, advice and instructions. It feels like this book was written specifically for me and my purpose in life, to heal myself, and to help others through their life struggles. I particularly love the sections on adaptogenic herbs. I feel like everyone and anyone could greatly benefit from these naturally calming and relaxing remedies. Adaptogens are herbs that help you deal with stress by calming your nervous system and allowing you to handle problems with a cooler head and less anxiety. Every single system in the body is explained with the specific herbs and blends that assist them effectively. The illustrations and pictures are beautiful, and the book is just perfectly put together. I feel excitement every time I open it, because I know I'm about to learn something new and absolutely relevant. Be your own best health advocate. I depended on western

medicine and doctors for 20 years, and now I'm suffering from chronic pain and chronic illness, because of my lack of knowledge of other options that were available. It makes sense to do what your doctor tells you to do, but I honestly didn't begin truly healing until I stopped seeing most of my doctor's. I wanted to become my own doctor, using natural alternative methods to help my mind and body function again. Please don't wait until your situation gets worse. Begin listening to your body and understanding its needs and desires. The stronger that skill becomes, the more intuitive you'll become on what will help you and heal you in the healthiest, safest way possible. We all need to take responsibility for our health, regardless of what has happened, or what is biologically possible of occurring in the future. No doctor could ever know and understand my health needs as well as I do now. And this book is such an essential guide to put you on the right path, the path you're meant to be on. "Body into Balance" is the perfect source for people to begin their journey of self-discovery, self-help, and DIY herbal remedies. If everyone could read this book, I honestly think the world could be much healthier, more aware, and more empathetic than it is now. The book covers every possible health topic and offers realistic solutions for people of all ages and situations. If you're not sure whether to get this book or not, I can assure you that it will be one of the most useful health guides you'll ever own. I look through it almost every day, reading, absorbing information, and highlighting important and relevant terms and phrases. With Body Into Balance in my possession, I feel more confident and aware of the tools that are necessary to heal my mind and body through my chronic health labyrinth. I absolutely love and adore this incredible book, and I'm thankful for finding it when I did.

This is a beautiful book, easy to read and easy to use. The set-up is user-friendly to a specific condition or purpose, but is delightful to read from cover to cover also. Maria is pragmatic about the uses and effects of herbs. No false promises, but I was inspired to try growing and using more herbs than I currently do. I can't see anyone being disappointed with this book!

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