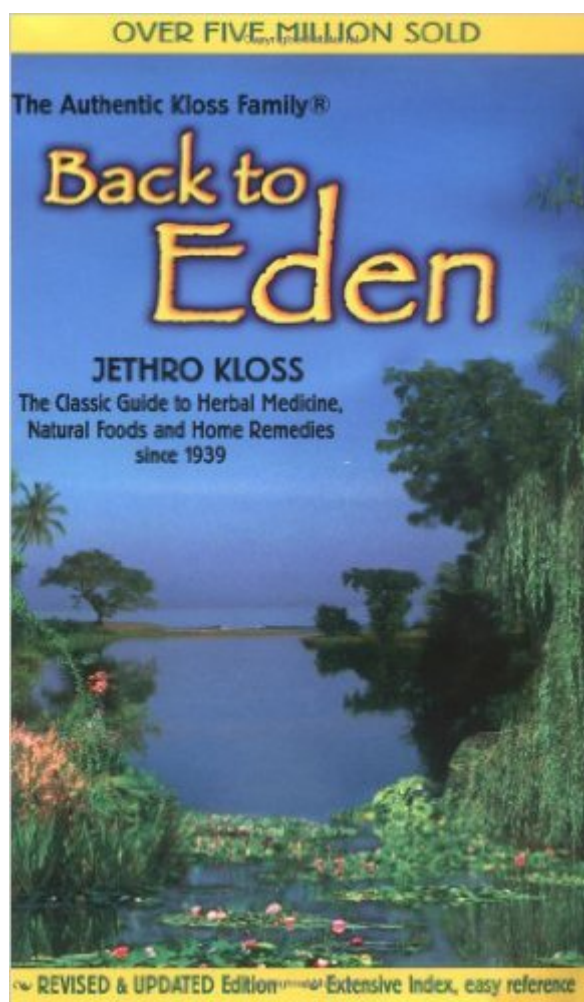


The book was found

Back To Eden



Synopsis

Now in its expanded, updated revised edition, this is the original classic text (with more than 5-million copies sold) that helped create the natural foods industry. It remains today one of the major texts on herbs, natural diet and lifestyle and wholistic health.

Book Information

Mass Market Paperback: 936 pages

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Product Dimensions: 4.3 x 1.6 x 7.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (372 customer reviews)

Best Sellers Rank: #19,345 in Books (See Top 100 in Books) #28 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #51 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

Jehtro Kloss was a true healer and crusader for nutrition, personal rights, freedoms, and herbalism. This huge book was his lifes work and deserves to be celebrated for what it is: a lifetimes gathering of intense study and dedication to the good of man. He discusses everything he can think of here. While some of his viewpoints and procedures are now frowned upon - and a few of the herbal remedies taken to the degree he suggests now believed to be dangerous - the large bulk of his remedies and procedures is still regarded as safe and, in some circles, preferable to things available in modern medicine and society. Everything from his personal life and influences, to farming techniques, crops, growing fruits and vegetables, an extensive listing of fruits, veggies, minerals, vitamins, the history of herbal medicine, herbs, their uses, the body system, the health benefits of water, fish, fresh air, exercise, sleep patterns, oatmeal, fiber, breads, salts, milk, etc is included here. He even gives his favorite baking recipes, natural ways to make breads, cakes, soups and more, as well as hints on preserving vitamins, cooking utensils to avoid and use, not to mention desserts and beverages. One really fascinating thing about this book is the large section devoted to water and hydrotherapy. Here we get a rundown of the history of the water cure, various ways to use water to treat - from saunas to foreign bath treatments - temperatures to use when a person is

ill to fit their condition, and much much more. Excellent!This massive bible of sorts ends with various enemas and their purposes, charcoal, guides for people wanting to be a nurse, and different massage techniques!

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