



The Natural Home Pharmacy: Peer Inside To See What A Natural Doc Has Used Over The Last 20 Years To Keep Her Own Family Whole And Healthy

Allyson A McQuinn DHHP

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Whether you're just making your first forays into the realm of natural health or you're as savvy as a naturotherapist, this book will be an invaluable resource and a treasured find. Inside these pages you will learn: v how to boost your immune system v tried and true home remedies * easy to use essential oils * an introduction to homeopathic remedies * the best dietary supplements * how to get important trace elements * how to incorporate whole foods for better health *...and so much more! These are the tips and protocols used by McQuinn every day with her own family and her clinical patients, for more than 20 years.

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