

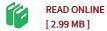
Mood Enhancing PLANTS Chrissie Wildwood

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# Mood Enhancing Plants (Paperback)

#### By Chrissie Wildwood

Ebury Publishing, United Kingdom, 2004. Paperback. Condition: New. Language: English . Brand New Book. Chrissie Wildwood is an international aromatherapy educator and best-selling author of fourteen books on aromatherapy, herbal medicine and other natural therapies. Here she has written a unique book to delight plant enthusiasts everywhere. Focussing on the less explored beneficial effects upon mood of common herbs and healing plants, it provides thoroughly researched up-to-date information previously unavailable in a single volume. And you don t have to be unwell to benefit from mood-enhancing plants. For herbs, fragrant flowers, plant essences and traditional incense can be used to enrich your daily life. -Presents safe options to chemical anti-depressants and tranquillisers, including the mood-enhancing benefits of diet, healing music and contemplation of living plants. -Gives a cornucopia of recipes and ideas for healing disharmonious states of being, preventing the development of stress- related illness and engendering an inner sense of wellbeing. -Promotes the use of herb combinations tailored to individual need, with detailed instruction on preparing your own plant remedies, essential oil blends and inspirational incenses. -Provides botanical, biochemical, pharmacological, and traditional data on around one hundred healing plants, including those used by indigenous peoples for sacramental purposes. -Encourages...



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