

An Herbal Guide to Stress Relief - David Hoffmann, FNIMH, AHG



Gentle Remedies and Techniques for Healing and Calming the Nervous System. David Hoffmann, author of Medical Herbalism, shows how a wide variety of herbs can be used in alleviating the physical and mental problems caused by the stress of modern living. He also offers advice on the use of herbs in recovery from chemical dependencies.

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Price

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Description

David Hoffmann, widely respected herbalist and author of Medical Herbalism, looks at stress and anxiety from a holistic perspective and shows how a wide variety of natural treatments can be used in alleviating the physical and mental problems caused by the stress of modern living. He also offers advice on the use of herbs in recovery from chemical dependencies and provides a therapeutic index dealing with stress-related diseases.

Reviews

There are yet no reviews for this product.