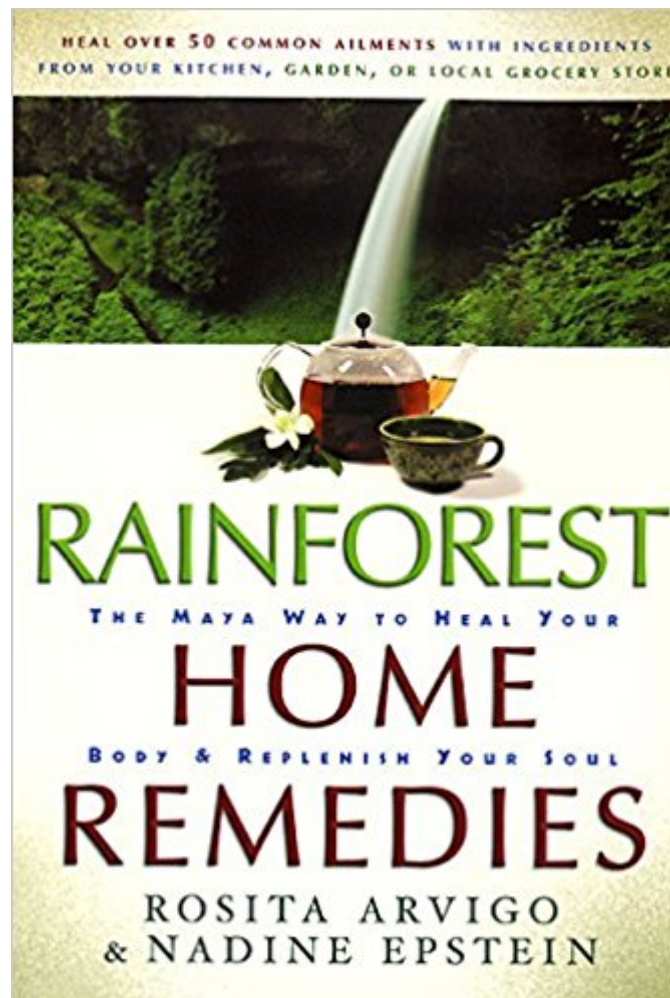




Ebook Directory
the best source of ebook

The book was found

Rainforest Home Remedies: The Maya Way To Heal Your Body And Replenish Your Soul



Synopsis

Rainforest Healing from Your Home and Garden Find alternatives to chemical anti-depressants and painkillers in your spice rack. Learn about natural anti-itch salves for insect bites. Soothe and relieve envy, grief, sadness, and fear the Maya way. Rid your house of negative energy with a Maya cleansing ritual. Try the easy-to-make bronchitis remedy.

Book Information

Paperback: 240 pages

Publisher: HarperOne; 1 edition (January 9, 2001)

Language: English

ISBN-10: 006251637X

ISBN-13: 978-0062516374

Product Dimensions: 5.3 x 0.5 x 8 inches

Shipping Weight: 11.7 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 50 customer reviews

Best Sellers Rank: #293,698 in Books (See Top 100 in Books) #246 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #25558 in Books > Medical Books #59998 in Books > Religion & Spirituality

Customer Reviews

??Dr. Arvigo has been a conscientious student of her Maya teachers for nearly two decades. This book is a magnificent tribute to her teachers, providing useful information for all of us. The remedies are explained in a simple but comprehensive fashion, using plants that can be easily found?A wonderful compilation of fascinating reading.?--Michael J. Balick, Ph.D. Director and Philecology Curator of Economic Botany, Institute of Economic Botany, The New York Botanical Garden?Our disconnection from nature is a serious cause of illness. Rosita Arvigo and Nadine Epstein help us to remember our connection with plants that can heal us as the authors bring us back home to a sacred way of life.?--Sandra Ingerman, author of "Soul Retrieval and "Medicine for the Earth?A stimulating, information-filled, and well-organized account of the main features of contemporary Maya folk medicine.?--Michael Harner, PhD., author of "The Way of the Shaman?Rosita, thank you for bringing these precious thoughts, so comprehensively done, to the healing world. Its banquet will feed our new hospital. If we are to survive as a species, it will be because ideas like these become important again.?--Patch Adams, MD"A practical guide to healthy living and traditional herbal wisdom, blended artfully with an insightful view of common modern ailments. Full of stories; a

refreshing view of wellness and sane living that is so needed today."--Christopher Hobbs, 4th generation herbalist, licensed acupuncturist and author of 20 books on health and herbs, including "Herbal Remedies for Dummies

Rosita Arvigo was born in Chicago and trained in the United States as a doctor of naprapathy. In addition to her natural healing practice in Belize, Arvigo is the founder of Belize's six-thousand-acre Terra Nova Medicinal Plant Reserve, the founder of Ix Chel Tropical Research Foundation, the cofounder of Rainforest Remedies, and the creator of the Panti Mayan Medicine Trail, a popular and educational tribute to Don Elijo. Nadine Epstein is a writer and illustrator. Their previous book together was *Sastun: My Apprenticeship with a Maya Healer*.

I bought this book because I have been looking for the abdominal massage technique from Arvigo for many years. It really was a shame that it took so long to find it. If you are concerned about the health of your uterus or prostate or just health in general, or if you or someone you know is thinking about a hysterectomy, you need this book. I won't go in to details because it might make some uncomfortable, just try it. I also deeply love the part that addresses spiritual causes for physical, mental, and emotional health and some things to do about that kind of problem. I highly recommend this book for the home library. A definite legacy item.

After spending some time in Belize as medical volunteer I started to learn about Mayan beliefs. This is a wonder resource as is her other basic text. I also enjoyed her novels about the culture. I hope to keep learning more about this traditional medicine.

Since my first copy of this somehow disappeared the first week I had it, this is the second copy I have bought in a little over a month. I had to have it for reference as I plan on using many of the remedies. It is the "how-to" companion to the *100 Healing Herbs of Belize* by the same author.

Nicely written and comprehensive book. Lots of principles and very concise. Unlike many books of this nature Ms Arvigo did not mention too many herbs to make health out of reach and overwhelming. Very simplistic yet replete with the quintessential.

Used the flu-away remedy and it worked like a charm. Used several others too and they worked very well. I am of Mayan descent and was very happy to find a book holding so many of my family's

home-remedies.

Good book

If you are into spiritual/alternative healing, this is the book for you!!!! it is amazing and wonderful to read what we can do to heal ourselves without having side effects and putting toxins into our bodies. Highly recommend this book

Good transaction, satisfied

[Download to continue reading...](#)

Rainforest Home Remedies: The Maya Way To Heal Your Body and Replenish Your Soul BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Home Remedies, ... Homesteading, How to Get Rid of Bed Bugs) Replenish: Leading from a Healthy Soul EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies,herbal antibiotics and antivirals) Natural Antibiotics And Antivirals: The Complete Guide To Homemade Natural Herbal Remedies To Prevent And Cure Infections and Allergies (Home Remedies, Herbal Remedies, Organic Antibiotics) Maya Python for Games and Film: A Complete Reference for Maya Python and the Maya Python API The Power of Soul: The Way to Heal, Rejuvenate, Transform and Enlighten All Life (Soul Power 3) HERBAL ANTIBIOTICS: 56 Homemade Holistic Herbal Remedies to Help Prevent, Treat, And Heal Illnesses Naturally (Herbal Antibiotics, Herbal Remedies) Visions of a Rainforest: A Year in Australia's Tropical Rainforest Herbal Medicine Natural Remedies: 150 Herbal Remedies to Heal Common Ailments Healing Hepatitis & Liver Disease Naturally: Detoxification. Liver gallbladder flush. Alternative remedies for hepatitis C. Heal Hepatitis B with natural ... remedies. Stop cirrhotic progression Santo remedio / Doctor Juan's Top Home Remedies: Cientos de remedios caseros llenos de sabidur a y ciencia / Hundreds of home remedies full of wisdom ... (Consulta con Doctor Juan) (Spanish Edition) The Coconut Oil Cure: Essential Recipes and Remedies to Heal Your Body Inside and Out Native American Medicine: Discover the Natural Healing Secrets and Remedies for Your Mind, Body and Spirit (Native American Medicine, Natural Remedies, ... Treatment, Herbal,

Naturopathy Book 1) The Apple Cider Vinegar Cure: Essential Recipes & Remedies to Heal Your Body Inside and Out Chakras: Activate Your Internal Energy Centers And Heal Yourself - The Complete Guide To Chakras For Beginners: Balance Your Body, Mind And Soul Ancient Maya: The Rise and Fall of a Rainforest Civilization (Case Studies in Early Societies) The Paleo Approach Cookbook: A Detailed Guide to Heal Your Body and Nourish Your Soul

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)