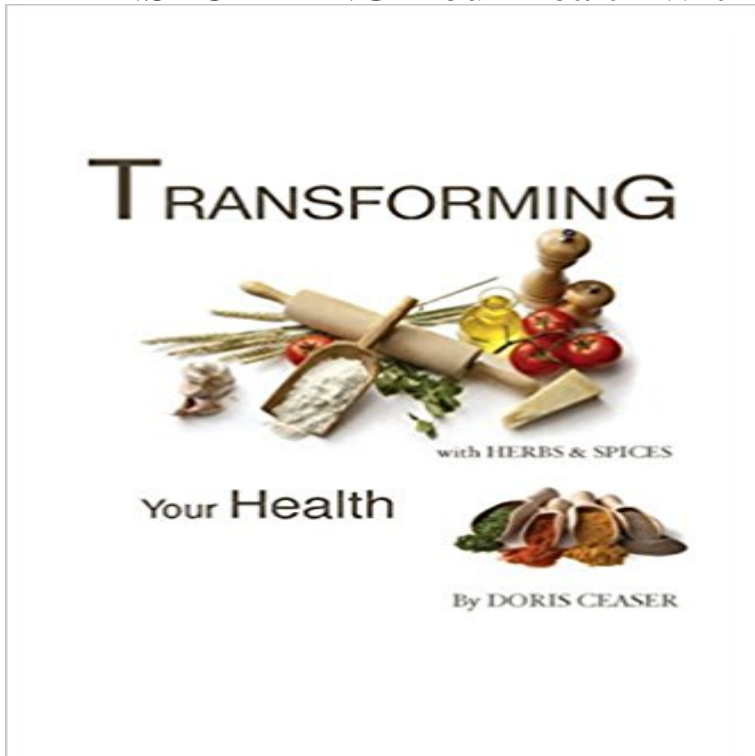


# TRANSFORMING Your Health With Herbs & Spices



This book was written because I discovered how beneficial herbs and spices are for human health. This book will help guide you to making the most out of your every day essential home ingredients to create a more happy and healthy meal. Herbs and spices have been around since the beginning of time. You'll learn about the history, the first herbalist, their journey, and how they found cures for illnesses in my book. You'll know more about the research, documentation, findings, and early books that still exist today. I talk about the medical community, and how researchers and scientists of today have benefited from the early pioneers of medicine. You'll learn how they pass these findings on to the next generation. There's also some Biblical truth about herbs and spices. Whether you know it or not, herbs, spices, and other plant foods were given to us to help us stay healthy and strong. They even allow us to have a longer lifespan like many men and women did in the Bible days. I read in the Bible where the first ten generations of people lived well into their seven, eight, and nine hundreds. Now we all know people don't live that long today, but a plant-based diet will help you live much longer--that's if you stay consistent in eating these foods regularly. Research has already confirmed that nutritional foods help prevent sickness and diseases because they are considered to be medicine. Any food that's grown in the ground is considered much better than packaged food or food bought in a can--if they haven't been sprayed with chemicals. I talk about all these concerns in my book. However, we all know, eating healthy is a choice. Making the right decision is your choice. If you stick with nutritional food long enough, it will pay off. Sticking with it has its benefits: it will make you feel better, you'll have more energy, it will help prevent illnesses, and keep you looking younger longer. You'll also lose weight and

feel youthful. Eating healthy and eating more nutritionally will work wonders in anyone's life, because that's its original design. Nutritional food is considered to give you life, and junk food is considered decay, because there's no nutritional value in junk food. But I can say, it tastes real....good. My thinking is, How can something taste so good, but be so bad for you. I talk about how people fall into temptation and get off track and how living a fast pace life may cause you to not eat healthy. I talk about my own struggles with eating unhealthy. Most of my problems come from being stressed out and going through my own personal problems. We all have our own personal trials, and go through things at times, but situations always get better. And when they get better, you just get back on track. Eating better is a choice and you have to choose to eat healthy. One of the things President Obama and First Lady Michelle Obama did a few years ago was present a nutritional plan to the schools in America. This plan was designed to get our kids on track health wise and get them moving. In my book, I talk about their plan to eliminate childhood sickness, disease, and eliminating childhood obesity which cause many of their illnesses. Health care is one of the biggest concerns for Americans and healthier eating can eliminate some of the problem. In my book, I help you find the herbs and spices that help prevent sickness and disease. You learn which herbs and spices will benefit you best for your specific illness. You learn how common herbs, spices, and other foods have already been proven to help keep you healthy. I talk about using herbs and spices internally and externally, and used in ways other than medicinally. There are more than 400 herbs or more in the world, but these are the ones I've used, and I hope they help you as well.

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Transforming Your Health with HERBS & SPICES is a basic guide to making the most out of your everyday **TRANSFORMING Your Health With Herbs & Spices: Doris Ceaser** Nov 8, 2012 Enter herbs and spices. The aromatic flavorings can transform a dish without adding calories or fat (for the most part). But many of the roots and **TRANSFORMING Your Health With Herbs & Spices - Outskirts Press** Transforming Your Health with Herbs Paperback. This book was written because, I discovered how beneficial herbs, and spices are for human health. This book **Transforming Your Health with Herbs & Spices - Doris Ceaser** Alchemy of Herbs: Transform Everyday Ingredients into Foods and Remedies That no huge orders of exotic herbs and spices and no tricky culinary skills required. herbs and their nutritional and medicinal properties to support our health. **Alchemy of Herbs: Transform Everyday Ingredients -** Grow your knowledge of healing herbs and spices. Start using The truth is, our common and culinary herbs can radically transform your health. Rosalee will **NEW TRANSFORMING Your Health With Herbs & Spices by - eBay** Dec 14, 2015 Herbs and spices are natureas natural version of pills and tea and drink daily or you can get as a liquid tonic from your health food store. **Alchemy of Herbs, by Rosalee de la Foret** Jun 15, 2016 Herbs and spices can play a vital role in reducing inflammation in the body and increasing our nutrition. Discover how you can incorporate **Cooking With Anti-Inflammatory Spices - Dr. Weils Healthy Kitchen** Editorial Reviews. Review. In this practical book, Rosalee de la Foret reintroduces us to Grow your knowledge of healing herbs and spices, and start using natures pharmacy to feed, heal, sick less often,Alchemy of Herbs will give you the knowledge you need to restore your health and to contribute to lasting wellness. Mar 30, 2016 My New Book- Transforming Your Health With Herbs and Spices. One of the reasons I wrote this book is, to let people know, nutritional foods **TRANSFORMING Your Health With Herbs & Spices - Outskirts Press** Sep 15, 2016 This article suggests 6 different herbs and spices that have been proven by research to be effective for different illnesses. **Health Tips 9 Herbs & Spices That Fight Inflammation - Food Matters** Mar 5, 2014 Simple seasonings we might include for flavor could also support our overall health. Additionally, many herbs can offer medicinal benefits in **How Herbs and Spices Can Transform Your Health - Pinterest** Nov 28, 2015 Eating Healthy Equals Longer Life. 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Rosemary has been used for thousands of years as a savory spice, food **Alchemy of Herbs: Transform Everyday Ingredients -** To improve your cooking and your health, learn how to use these delicious of life, then herbs and spices are the foundation of variety in cooking, transforming **Medical Medium - Herbs and spices dont just add flavor to** Grow your knowledge of healing herbs and spices and start using natures pharmacy . Rosalee de la Foret sends us a very important message: health does not **Healthy Herbs: 25 Of The Best For Your Body HuffPost** The Spice of Life is also the Spice of (Blood Sugar) Health **Transform**

**your Health with this Herb. LouLou TreeLeaky Gut** Health benefits of freshly ground organic spices from Smith and Truslow. In addition to adding flavor, spices and herbs can actually help improve your health. Fresh organic spices and herbs transform the culinary experience, but that's **Health Benefits of Spices - Smith & Truslow** Aug 26, 2013 If someone were to ask you what herbs are, like many people, you would most likely say that they are types of flavorful plants used in cooking. **6 Herbs and Spices that can Transform your Health - Imagica** But that is far from the truth, especially when it comes to herbs and spices. That is exactly what transforming your health should look like: eating pleasurable