

Benefits of Plant-Based Medicine

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2026-06

Synopsis

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inLanguage	english

Here's the number one reason to start using plant-based medicines.

Did you know that over 40 percent of plants contain key ingredients that can be used for the development of medicines? Hundreds of studies document the effectiveness of plant extracts for the treatment of ailments ranging from colds to heart disease. Plant-based medicines are often as potent as synthetic pharmaceutical products (and even more so).

- They can be used for the treatment of mild problems but also for some serious chronic conditions.
- They can be used to address both symptoms and the root cause of a problem.
- Herbal remedies enhance the body's natural defenses.

Benefits of Plant Based Medicine is the resource you are looking for! You'll discover:

- Why pharmaceutical companies (and some doctors) don't want you to harness the power of natural remedies
- The number one reason why insurance companies would not cover holistic treatment
- The evidence that shows you plant-based medicines really work
- Addressing symptoms vs. finding the root cause of illness: What's the difference?
- An extensive list of plants that you can use for the treatment of anything from constipation and nasal congestion to migraines and depression
- 13 most powerful, healing plant-based foods you should eat each day

This audiobook is also jam-packed with meal plans, information on the medicinal uses of essential oils, how to use probiotics and other holistic approaches.

The use of medicinal plants is far from difficult if you're educated by the right resource.

Reader's comments

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