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Natural Foods, Herbs And Oils Box Set: 35 Essential Oil Recipes, 28 Gardening Tips For Growing Herbs And Spices And Garlic As The Best Natural Antibiotic ... herbal remedies, essential oils book)

Jan West, Sheri Nash, Nelly Wilson, Athena Morrow

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BOOK #1: Natural Antibiotics: Garlic As The Best Natural Antibiotic You Can Use Instead of Pills

Garlic is an herb that most of us know for its delicious flavour when seasoning a meal, and the distinctive smell it can add to a person's breath! But for millennia, herbalists and doctors have been aware of the medicinal value of garlic.

This book takes a detailed look at the following areas where garlic has been shown to benefit the human body:

- Treating Blood Disorders
- Fighting Infection
- Preventing/Treating Cancer
- Other Medicinal Uses

BOOK #2: Essential Oils for Allergies: Top 10 Essential Oils You Can Use For Allergies

Suffering from allergies is something that no one likes to deal with. There are many different symptoms but no matter which one you get, or even if you have a combination of them, they are going to make you feel very miserable and like you can get nothing done for the day. While there are many medications available to try out, most of the time they will just prevent the symptoms for a short bit, but will have a lot of side effects or can make you feel worse. Luckily, there is a solution that is going to make you feel so much better and it is all natural and healthy for you.

In this guidebook you will learn:

- The different symptoms that can come from allergies
- The types of essential oils you can use in order to feel better with your allergies
- The ways that you will be able to use the essential oils in order to efficiently get rid of your allergy symptoms

BOOK #3: Essential Oils: 25 Outstanding Essential Oil Recipes for Damaged Hair Without Shine That You Can Make at Home

Apart from smelling nice, essential oils have amazing healing qualities: some are rich in anti-oxidants, some have strong disinfectant properties, some are anti-fungal, others are soothing natural anti-inflammatory remedies

Contents of the book:

- Chapter 1- Thyme and lavender scalp massage lotion
- Chapter 2 - Anti-dandruff shampoo
- Chapter 3 - Rosemary, lavender and Atlantic cedar wood scalp massage lotion
- Chapter 4 - Dry and flaky hair conditioner
- Chapter 5 - Hair and scalp deodorant shampoo
- Chapter 6 - Shiny hair conditioner
- And much, much more...

BOOK #4: Herb Garden: 28 Excellent Gardening Tips For Growing Delicious Herbs and Spices in Your Kitchen Garden

Do you have a herb garden around your home? Alright, if you don’t have one, I’m going to assist you to cultivate some herbs and spices and build a herb garden. Well, it’s not as difficult as you think to cultivate herbs or spices. You just need to drop a few drops of sweat and know how to handle those shovels and tillers and then, you are ready to charge ahead.

Here is what you will learn after reading this book:

- Getting to Know Kitchen Garden and Herb Garden
- Things Needed for Building a Herb Garden
- 10 Must Grow Herbs in the Garden
- Helpful Tips to Build Your Herb Garden

- Herb Garden Maintenance

Getting Your FREE Bonus

Download this book, and find **"BONUS: Your FREE Gift"** chapter right after the introduction or after the conclusion.

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Lynne Silva:

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