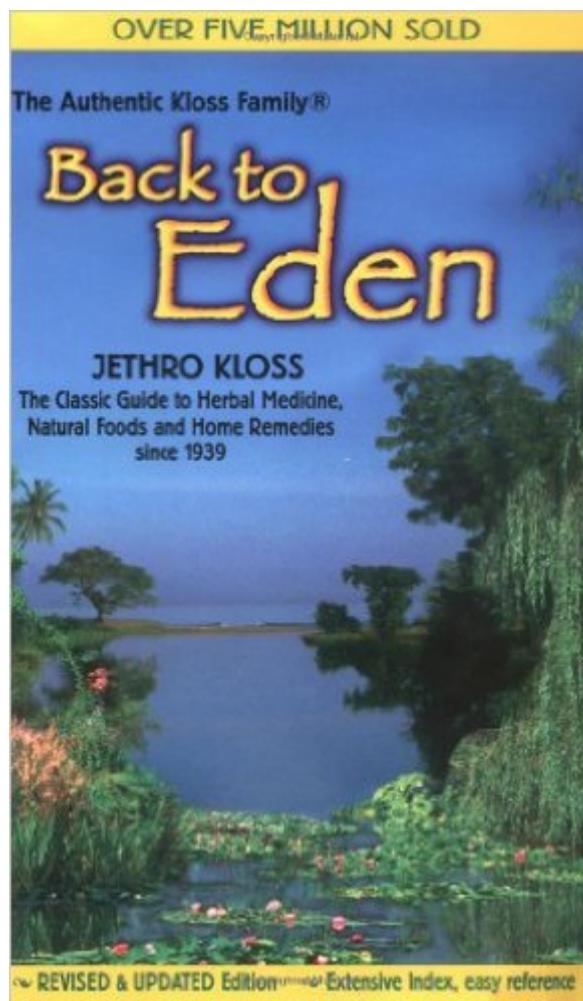


The book was found

Back To Eden



Synopsis

Now in its expanded, updated revised edition, this is the original classic text (with more than 5-million copies sold) that helped create the natural foods industry. It remains today one of the major texts on herbs, natural diet and lifestyle and wholistic health.

Book Information

Mass Market Paperback: 936 pages

Publisher: Lotus Press; Enlarged 2nd edition (January 21, 2004)

Language: English

ISBN-10: 0940985101

ISBN-13: 978-0940985100

Product Dimensions: 4.3 x 1.6 x 7.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (372 customer reviews)

Best Sellers Rank: #19,345 in Books (See Top 100 in Books) #28 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #51 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

Jehtro Kloss was a true healer and crusader for nutrition, personal rights, freedoms, and herbalism. This huge book was his lifes work and deserves to be celebrated for what it is: a lifetimes gathering of intense study and dedication to the good of man. He discusses everything he can think of here. While some of his viewpoints and procedures are now frowned upon - and a few of the herbal remedies taken to the degree he suggests now believed to be dangerous - the large bulk of his remedies and procedures is still regarded as safe and, in some circles, preferable to things available in modern medicine and society. Everything from his personal life and influences, to farming techniques, crops, growing fruits and vegetables, an extensive listing of fruits, veggies, minerals, vitamins, the history of herbal medicine, herbs, their uses, the body system, the health benefits of water, fish, fresh air, exercise, sleep patterns, oatmeal, fiber, breads, salts, milk, etc is included here. He even gives his favorite baking recipes, natural ways to make breads, cakes, soups and more, as well as hints on preserving vitamins, cooking utensils to avoid and use, not to mention desserts and beverages. One really fascinating thing about this book is the large section devoted to water and hydrotherapy. Here we get a rundown of the history of the water cure, various ways to use water to treat - from saunas to foreign bath treatments - temperatures to use when a person is

ill to fit their condition, and much much more. Excellent!This massive bible of sorts ends with various enemas and their purposes, charcoal, guides for people wanting to be a nurse, and different massage techniques!

Jehetro Kloss was a true healer and crusader for nutrition, personal rights, freedoms, and herbalism. This huge book was his lifes work and deserves to be celebrated for what it is: a lifetimes gathering of intense study and dedication to the good of man. He discusses everything he can think of here. While some of his viewpoints and procedures are now frowned upon - and a few of the herbal remedies taken to the degree he suggests now believed to be dangerous - the large bulk of his remedies and procedures is still regarded as safe and, in some circles, preferable to things available in modern medicine and society. Everything from his personal life and influences, to farming techniques, crops, growing fruits and vegetables, an extensive listing of fruits, veggies, minerals, vitamins, the history of herbal medicine, herbs, their uses, the body system, the health benefits of water, fish, fresh air, exercise, sleep patterns, oatmeal, fiber, breads, salts, milk, etc is included here. He even gives his favorite baking recipes, natural ways to make breads, cakes, soups and more, as well as hints on preserving vitamins, cooking utensils to avoid and use, not to mention desserts and beverages. One really fascinating thing about this book is the large section devoted to water and hydrotherapy. Here we get a rundown of the history of the water cure, various ways to use water to treat - from saunas to foreign bath treatments - temperatures to use when a person is ill to fit their condition, and much much more. Excellent!This massive bible of sorts ends with various enemas and their purposes, charcoal, guides for people wanting to be a nurse, and different massage techniques!

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

The Crypts of Eden (The Eden Trilogy Book 1) Back To Eden The Back to Eden Cookbook Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Waking Up in Eden: In Pursuit of an Impassioned Life on an Imperiled Island Feeding Eden: The Trials and Triumphs of a Food Allergy Family Isles of Eden: Life in the Southern Family Islands of the Bahamas Invented Eden: The Elusive, Disputed History of the Tasaday Engineering Eden: The True Story of a Violent Death, a Trial, and the Fight over Controlling Nature Out of Eden: The Peopling of the World Unpeopled Eden Heaven to Eden Despues del Eden (Spanish Edition) Regreso al Eden: The Classic Guide to Herbal Medicine, Natural Foods, and Home Remedies (Spanish Edition) The Bible According to Mark Twain: Irreverent Writings on Eden, Heaven, and the Flood by America's Master Satirist The Lost Books of the Bible and The Forgotten Books of Eden:

Banned Books from the Bible Mecca and Eden: Ritual, Relics, and Territory in Islam A River Flows from Eden: The Language of Mystical Experience in the Zohar The Forgotten Books of Eden Life Worth Living: How Someone You Love Can Still Enjoy Life in a Nursing Home - The Eden Alternative in Action

[Dmca](#)