

# Natural health remedies- the excellent a-z guide to a healthier living essay

[Life](#), [Emotions](#)



Natural Health Remedies- The Excellent A-Z Guide to a Healthier Living With the kind of stressful life we right now, it's not hard to catch numerous kinds of ailments especially those that are in connection with emotional distress. And as an answer to this dilemma, many doctors and expert writers tried to research and write alternative medicines to treat these ailments and be able to combat both stress and the health failure it brings. One of which is the natural remedies. Among these experts is Dr. Janet Maccaro, PhD, CNC who also once experienced combating with Chronic Fatigue Syndrome. A painful and depressing life she once had, has been the key to moving her to write on the most important aspects of life, spirituality and health. Being a member of the American Association of Nutritional Consultants (AANC); the Advanced Writers and Speakers Association (AWSA); and the American Association of Pharmaceutical Scientists (AAPS), Dr.

Maccaro has already authored a number of books specializing in the treatment of illnesses brought about by emotional stress and everyday work with the use of natural remedies. Among the said books are " The 90 Day Immune System Makeover"; " Breaking the grip of Dangerous Emotions"; " A Women's Body Balanced by Nature"; and " Mid-life Meltdown". Aside from these, she is also an active contributor-writer to numerous health and women's magazines and has also different shows both over the radio and on Television. Today, one of her best sellers is the " Natural Health Remedies: The A-Z Family Guide". This book, unlike all other herbal books tackles both the spiritual and health aspects brought about by natural healing.

True, with all the side effects that the present medicines have on our bodies it is really rather smart to “ go back to the basics” and use the natural resources we have around us. Being a Christian, Dr. Maccaro points out how we should look back to God as the source of all healing as he has provided us with all the herbs we need for curing and maintaining healthy bodies. On one part of this book, the principle of “ mind over matter” is strongly given a deeper meaning. With all the challenges in life we meet everyday, it is very important that we know how our mind and emotions affect so much of our physical health.

This is indeed true. As to what we usually hear “ whatever we think is what we become”. You’ll be amazed to see how positive thinking and the will power to be healed from any ailment we have could actually make a difference on the way we feel. Natural Health

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feature of this book is the amazing discussion on how “ Flower Power” and color therapy becomes an emotional healer.

This book discusses how the said therapies could help people who suffer from fears, worries, irrational thoughts, lack of self-confidence, despondency and other emotional distress. Not only the colors of the flower or its fragrance but the very essence and its make-up makes it easier for any patient of emotional down fall fell calm and more at ease. Aside from this, it also include discussions on Building Your Immune System and Function; Top Ten Life Enhancing Supplements; Natural Healing Protocols; Anti-Aging and

Losing Weight; and also an A-Z guide to different ailments that ranges from the most common to the most unusual terms for illnesses some of us might haven't even heard about such as Zoonosis which means a disease incurred from animals.

True, this book has been proven effective especially by those who already read it. As a feed back, some of them commented on how it affected their way of living so much. Kathryn Pless of Dade City said: " I have been looking for a natural healing book...this book will give you down to earth remedies and uplifting Christian view points. I found it very refreshing and informative". Another customer from Sarasota Florida commented this way: " It truly is an A-Z book! A week after reading this book and using some of the suggested remedies, I have truly been astonished at the difference.

My health food store is now recommending this book. It is a book everyone should read!" Also, Charles Clarke of Mississippi, USA puts it this way: " Why treat the symptom when God gave us natural answers to treat the root of the problem?" Aside from the fact that though the author is Christian, the entire book doesn't focus only in the spiritual side of the remedies. Instead, it practically balanced the spiritual and scientific views of healing with concerns to natural ways of medication and self-relaxation. These comments are only a few of the many testimonies of readers which prove the practicality of the remedies and healthful advises contained in the book authored by Dr, Maccaro. In fact, God created us and along with it provided us with the necessities he actually knows we need. Who else could be more concerned with our life than the one who gave it to us? We are given all the

needed medicine and possible remedies through nature, provided that we oblige ourselves to live a healthy lifestyle. Sources: Maccaro, Janet.

Natural Health Remedies: The A-Z Family Guide. Siloam Press. January 2003.