

## The Complete Book of Water Healing

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### Abstrak

This book helps you to use earth's most essential resource to heal yourself. Presented in a beautiful package, this authoritative guide from a leading herbalist and health writer offers you practical and scientifically sound methods of healing with the planet's most abundant and most affordable natural health product-water. "The Complete Book of Water Healing" includes practical illustrations and step-by-step information on treating everything from children's ailments to sports injuries with therapeutic baths, steam treatments, hydrotherapy, and more.