



# **The Home Reference to Holistic Health and Healing: Easy-to-Use Natural Remedies, Herbs, Flower Essences, Essential Oils, Supplements, and Therapeutic Practices for Health, Happiness, and Well-Being**

*Brigitte Mars , Chrystle Fiedler , Rosemary Gladstar (Foreword)*

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Reduce stress and live better, naturally! Learn time-tested remedies and safe solutions for dealing with stress. In *The Home Reference to Holistic Health and Healing* founding member of the American Herbalist Guild Brigitte Mars offers time-tested remedies and advice to learn how to reduce stress and anxiety, improve sleep, mood, immunity and mental acuity and live a more balanced and happier life. Natural remedies such as herbs, vitamins, minerals, flower essences, and therapeutic practices including yoga, aromatherapy, and meditation can ease the symptoms of stress-related conditions, and improve overall health and well-being.

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# **From Reader Review The Home Reference to Holistic Health and Healing: Easy-to-Use Natural Remedies, Herbs, Flower Essences, Essential Oils, Supplements, and Therapeutic Practices for Health, Happiness, and Well-Being for online ebook**

**Maneet Gill says**

I loved this book because it was very easy to read and interesting. It also had quite a bit of insightful information that one could use for overall health. I liked the fact that this book focuses on natural remedies and tips instead of prescription medication! Great read!

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**KC says**

I loved this book so much and it was so informative that I decided to purchase it because I had to return it to my local library.

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**Alba says**

Great resource book for natural daily remedies using various healing practices.

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**Faith Tydings says**

This is a great book to read through and then keep on your shelf to go to for references at later times. It covers a large variety of ailments and has very nice remedies/aids to help with them. I highly recommend this book for anyone seeking alternatives to medication.

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**Rebecca Elson says**

This review originally appeared on The Magical Buffet website on 05/28/15.

Welcome to the last home holistic health reference guide you'll ever need to buy. "The Home Reference to Holistic Health & Healing" by Brigitte Mars and Chrystle Fielder could have easily without exaggeration been called "The ULTIMATE Home Reference to Holistic Health & Healing". Mars and Fiedler not only put together a reference manual, but also a guide to living a healthier life. Honestly I'm not sure why you're still reading, you should already be buying the book. However if you're still hanging around I might as well tell you a little more about "Holistic Health & Healing".

When I was first contacted about this book I assumed this was going to basically be a big dictionary, or encyclopedia, whichever reference manual better suits the subject matter. Color me surprised when "Holistic

Health & Healing” showed up and I found that instead of a dry list based book Mars and Fielder divide the book into conditions that can affect your ability to be happy and holistic ways to treat yourself for those conditions.

For instance the first one is stress. They start out talking about stress in general and how your body reacts to it. Next, nourish your body with nutrients including foods to eat and avoid. That’s followed up with herbal stress relief which mentions things such as chamomile “being a gentle relaxant that tones the nervous system”. They discuss adrenal health which can suffer from chronic stress. Then there is aromatherapy, homeopathy, deep breathing, meditation, yoga, the Relaxation Response, “The Power of Now”, gardening, walking, a slow hobby, journaling, massage, reflexology, acupressure, and 43 other tips. I assume now you see why I call it ultimate! And it’s like that for easing anxiety, enhancing mood, resting easy, boosting brain power, maintaining a healthy weight, increasing energy, improving immunity, reducing chronic pain, recovering from grief and trauma, and cultivating joy and happiness.

Of course I like the scads of information the authors provide. I also appreciate any holistic health guide that encourages the reader to seek professional medical attention for many symptoms. Author Brigitte Mars also wrote the book “Rawsome: Maximizing Health, Energy, and Culinary Delight with the Raw Food Diet”, so when it comes to dietary issues “Holistic Health & Healing” recommends a raw foods diet. Personally, if I was going to take that kind of dietary shift, I would talk to a professional nutritionist or my doctor first. Just saying. I also want to remind readers to take care when sourcing supplements. It wasn’t that long ago that we learned many herbal supplements were filled with fake ingredients.

“The Home Reference to Holistic Health & Healing” by Brigitte Mars and Chrystle Fiedler is a powerful manual. Make it your first, and last holistic health book purchase today.

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### **Alicia says**

Great source of information, easy to read, helpful.

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### **Heydi Smith says**

This is a quick reference guide that doesn’t seem to be very organized. It’s very meandering and it’s advice is the same advice that google can give you.

There’s no naturalists secrets or home care remedies that aren’t common knowledge.

It might be a nice reference to remind yourself of what to try in certain situations but there’s just not a lot of in-depth holistic health advice that I couldn’t get anywhere else.

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### **Kristin Couch says**

This reference was quick and easy to follow. As someone who is not a novice but certainly not an expert in holistic health, the tone was spot on, not too obvious but not too pretentious. That being said, it’s clear the authors have not experienced anxiety themselves. Don’t tell an anxious person to “be busy because busy

people don't have time to worry." But, it's easy to skip their additional techniques and really dive into the herbs, supplements, flowers etc. I will definitely keep this book as a reference.

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### **Gail Richmond says**

As the title states, this is a reference text and included many brief entries covering lots of aspects of healthy living through natural remedies. This is one book to have on your shelf to dip into when needed. Up-to-date through its publication date of 2015, and good for browsing for the beginner in self-help health.

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### **Jessi says**

I really enjoyed learning more about natural ways to deal with common health problems. This is a good guide.

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