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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Herbs And Natural Cures**

**By Polly Priester**

Hello folks. Does anybody out there know anything about herbs and natural cures? I am no great pro but even I have picked up some pointers over the years.

Take lavender! I love lavender. Lavender is so easy to plant and look after, flourishes year after year, has a lovely, soothing scent, is known to induce relaxation, and keeps the moths away. I have a lavender plant on my kitchen window sill and sachets of lavender in my cupboards.

There are many methods to learn about herbal gardening. I personally have plenty of herbal gardening books on hand. You can exchange information with fellow gardeners or plant nursery salespersons too. And don't forget elderly people. They have a wealth of information about herbs and natural cures.

Just the other day I mentioned to an elderly friend that my hair has been losing its luster. "No problem," she said. "Take one egg yolk, olive oil, juice of one lemon. Mix together in a bowl. Using your fingers or a basting brush, rub or brush the mixture thoroughly onto your scalp, around the hair roots, and onto the hair. Wrap a towel around your hair for two hours, then rinse in lukewarm water and shampoo as usual".

I followed her instructions. Sure enough, my hair has a renewed luster and more body than it has had in a long time.

You can learn about natural cures by improvising with things found at home. Did you ever feel like your face was an elastic mask? I did. I desperately needed something to soothe and moisturize my skin. Yogurt was the perfect solution. After rubbing some on my face and letting it soak in I felt and looked twenty years younger.

Natural cures are my idea of fun!

We have made a comprehensive research to find the best vitamins and herbs online source. Find the exclusive results only on

<http://www.911dietplans.com/Diet/Best%20nutrition%20supplement%20vitamins.php>

Find more info on

nutrition and herbs on TiGilet –

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### **Natural Treatments For Anxiety**

**By Pam Brown**

Many people suffering from anxiety welcome natural treatments for this debilitating mental disorder. Most common anti-anxiety medications, such as selective serotonin reuptake inhibitors (SSRIs) have nasty adverse effects such as the so-called discontinuation syndrome, where withdrawal symptoms manifest themselves if you suddenly stop taking the medication. Recent studies have also shown that there is a possibility that SSRIs could be toxic to the nervous system if taken for too long of a term.

Luckily, plenty of natural cures for anxiety exist, none of which have near the harmful side effects as the commonly prescribed selective serotonin reuptake inhibitors. When looking for natural herbs for anxiety, there are a few primary herbs to consider, each with its own anti-anxiety benefits. One of such herbs used in natural treatments for anxiety disorders is *Melissa officinalis*.

*Melissa officinalis*, commonly known as simply Melissa, has been used since medieval times as a general herb to improve overall well-being. The plant is found throughout the world and is currently used primarily for the treatment of anxiety and cold sores. Different properties of the leaves cure each of the different conditions, but the same parts of the plant are used in all Melissa supplements.

It is the antispasmodic properties of the Melissa natural supplement that make it one of the best natural treatments for anxiety. A Melissa supplement helps soothe nerves throughout the body, alleviating any discomfort associated with an anxiety attack. As one of the foremost natural cures for anxiety, Melissa works especially well to ease the common "butterflies in the stomach" feeling associated with anxiety.

Acting as an antispasmodic much like Melissa, *Lavandula augustifolia* has also been proven to be one of the most widely used herbs for anxiety throughout the world. Known as lavender, *Lavandula augustifolia* has been extensively studied in all corners of the globe to determine the extent of its anti-anxiety effects. In one of the most recent studies in Michigan, it was proven that even the scent from lavender was enough to relax and relieve depression in many study participants. Lavender fragrance is a staple of aromatherapy for relaxation.

There is another herb that has been used for more than a century and which has demonstrated remarkable abilities to ease nervousness and fight insomnia. To learn more about this and find out how it can be used to treat anxiety disorders visit the following page,

<http://www.yourbodycanheal.com/natural-treatments-for-anxiety.html>

Written by Pam Brown. To learn more about anxiety and natural treatments visit:

<http://www.yourbodycanheal.com/natural-treatments-for-anxiety.html>

For information on natural

remedies for a wide range of conditions, and to obtain a FREE health report that reveals top healing foods for anxiety, visit:

<http://www.yourbodycanheal.com>



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