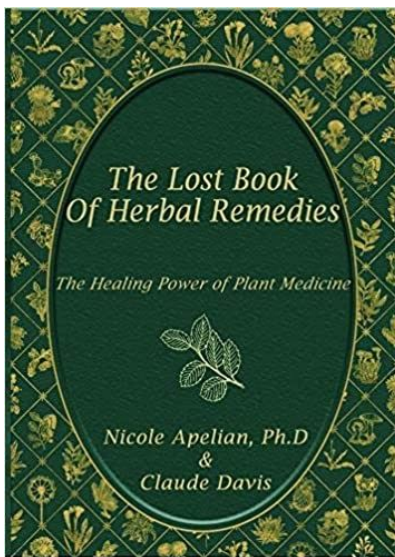


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## Who is The Author of Lost Book of Herbal Remedies ?

**Dr Nicole Apelian** is a mother, a herbalist, a biologist, a survival skills instructor, and an anthropologist who completed her bachelor's from McGill University. She lived in San Bushmen of the Kalahari Desert to study plants and is known as the best for making powerful remedies for people facing many troubles regarding their health or who wants to live a healthier life. She has already helped thousands of people treat themselves naturally by following her holistic wellness advice and by using herbal remedies.

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- In the **second** part, you'll learn how to identify wild edibles and remedies from plants available in forests.
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- **Yarrow and Usnea Plant** - The Perfect Mix that can be used to stop bleeding and infection in times of crisis - On Page 150
- What Happens When You Pour Salt into a Cabbage - On Page 54
- The Backyard Tree Syrup Our Grandparents Used to Make Each Spring whenever they had a sore throat. - on page 215
- The "**Stomach Band-Aid**" a tree called Slippery Elm when taken orally coats the mucus membrane in intestinal tract, helping sooth inflammation - on page 257
- The Native American Ointment For Back, Knee, Neck, Shoulder, Ankle And Wrist Well-Being - On Page 261
- The Leaf People Should Place In Their Shoes Each Morning - You'll also find out the plant that boosts your energy and helps with sore feet when you wear it inside your shoes.- On Page 114
- The Plant Our Forefathers Used When They Had Fever - On Page 50
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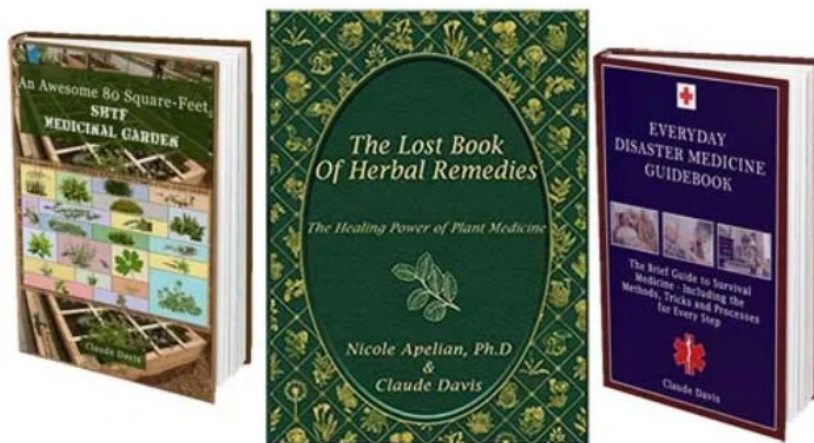


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