



# **Secrets of Native American Herbal Remedies: comph GT Native amern Tradition Using Herbs Mind/Body/Spirit Connection for ipvg**

*Anthony J. Cichoke*

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## **Secrets of Native American Herbal Remedies: comph GT Native amern Tradition Using Herbs Mind/Body/Spirit Connection for ipvg** Anthony J. Cichoke

The modern techniques of holistic and alternative healing and natural remedies have been alive in the "old ways" of Native American medicine for centuries. This comprehensive guide introduces the Native American concept of healing, which incorporates body, mind, and spirit and stresses the importance of keeping all three in balance.

Dr. Anthony Cichoke explains the philosophy behind American Indian healing practices as well as other therapies, such as sweat lodges, used in conjunction with herbs. He examines each herb in an accessible A-to-Z format, explaining its healing properties and varying uses in individual tribes. Finally, he details Native American healing formulas and recipes for treating particular ailments, from hemorrhoids to stress.

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