



Tissue Salts for Healthy Living

Margaret Roberts

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Tissue Salts are a group of 12 minerals that should be present in our bodies to ensure good health and well-being. These salts are found naturally in the earth's rocks and soil, and are present in food grown organically in mineral-rich soils. This fascinating book explains how the 12 tissue salts (each presented in its own chapter) can be used to supplement our diet, not only to promote good health but also to treat specific ailments. It details how we can boost our intake of these salts both with tablets or drops, and by eating appropriate fruit and vegetables. The book ends with an 'Ailment chart' for quick referencing. In her easy, down-to-earth manner, Margaret Roberts laces her advice with case studies and personal anecdotes. For anyone interested in boosting or maintaining their health by natural means, this is an indispensable guide.

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