

Med

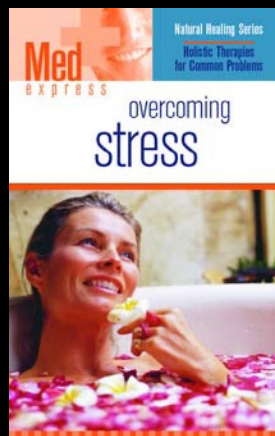
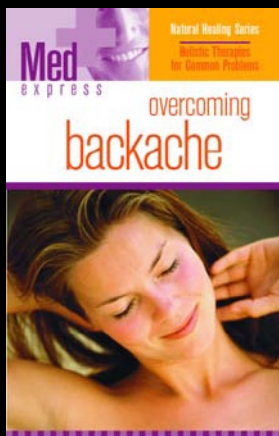
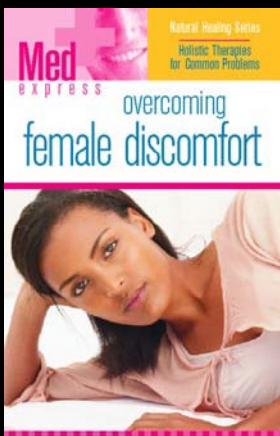
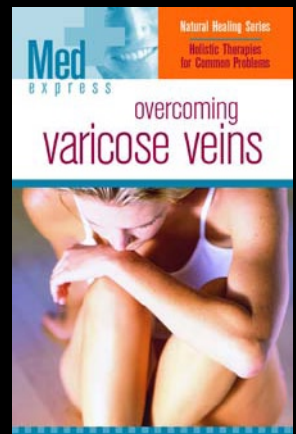
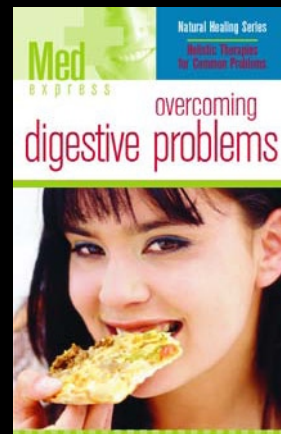
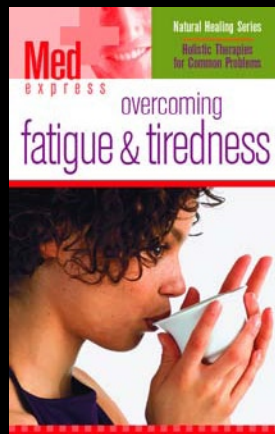
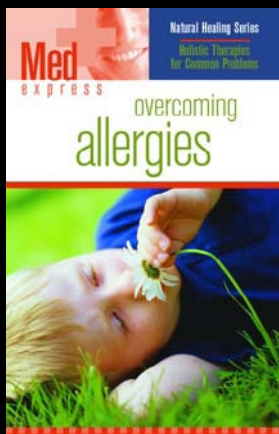
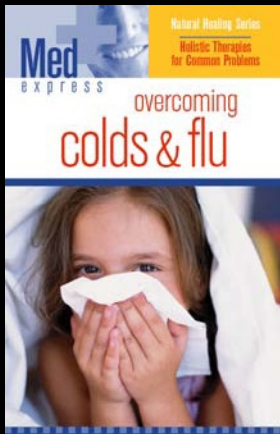
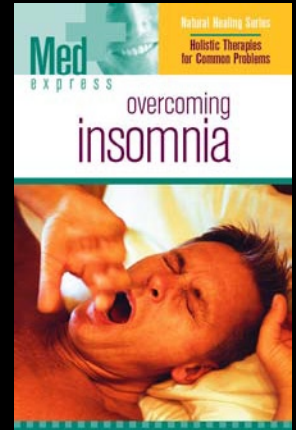
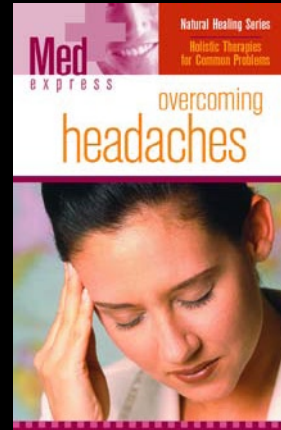
express

Natural Healing Series

Natural Holistic Therapies for Common Ailments

- 12 titles, 64 pages each • Softbound full color booklet covers
- 5 1/8 X 8.25 inches, perfect size for collectors and bookshelves
- Modern design with easy to read text and attractive layout
- Color illustrated, with more than 150 photographs per title

Holistic medicine is an array of healing and self-help practices drawn from many cultures. The goal of holistic medicine is to facilitate the body's natural healing processes through complementary or alternative therapies. The new **Med Express Collection**, with its dynamic design and complete overview of ailments and natural health remedies, is the ultimate resource for those interested in improving their health naturally. This new, original series features health tips, home remedies, relaxation techniques, massages, aromatherapy and exercises based on ancient Eastern healing arts, including yoga, reiki, meditation,



**STANDARD
INTERNATIONAL**
MEDIA HOLDINGS

568 9th Street South • Suite 201 • Naples, Florida 34102
+1 (239) 595-5516 • E-mail: sales@standardinternationalmedia.com

www.standardinternationalmedia.com

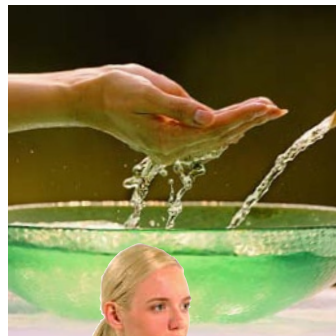
Presentation

Holistic medicine is an array of healing and self-help practices drawn from many cultures. The goal of holistic medicine is to facilitate the body's natural healing processes through complementary or alternative therapies. The new **Med Express Collection**, with its dynamic design and complete overview of ailments and natural health remedies, is the ultimate resource for those interested in improving their health naturally. This new, original series features health tips, home remedies, relaxation techniques, massages, aromatherapy and exercises based on ancient Eastern healing arts, including yoga, reiki, meditation, shiatsu and hydrotherapy.



Format

- 12 titles, 64 pages each
- Softbound full color booklet covers
- 5 1/8 X 8 1/4 inches, perfect size for collectors and bookshelves
- Modern design with easy to read text and attractive layout
- Color illustrated, with more than 150 photographs per title



Titles

- Overcoming Headaches
- Overcoming Insomnia
- Overcoming Colds & Flu
- Overcoming Allergies
- Overcoming Fatigue
- Overcoming Digestive Problems
- Overcoming Varicose Veins
- Overcoming Female Discomfort
- Overcoming Stress
- Overcoming Weight Gain
- Overcoming Skin Problems

Objectives and Content

The structure of each title's text is divided into four set sections:

1



INTRODUCTION The introduction offers a balanced and insightful guide to the symptoms and possible effective uses of herbs, nutritional supplements, dietary and lifestyle changes to **promote better health**.

2



COMPLEMENTARY THERAPIES Here we explain the overall panorama of complementary therapies that are used as alternative therapies, along with medical prescribed treatment, as fast, easy and comfortable ways to **relieve symptoms**.

These therapies feature **gentle treatments** that improve overall health by reducing tensions and stress that tend to be major causes of common ailments.

These titles include **step-by-step** solutions, with detailed instructions and photographs on how to use the therapies featured.



Some of the Natural healing arts include **yoga**, **Chinese massage techniques**, **traditional massages**, **self-massage**, **hydrotherapy**, **reflexology**, **reiki** and **shiatsu**. These methods are simply explained and beautifully illustrated.





3



NATURAL HERB RECIPES Natural herb remedies for some common ailments such as insomnia have been used safely for centuries. Medicinal plants are a **soothing and effective way** to relieve stress which can be the cause of certain serious illnesses. The medicinal benefits of plants, herbs and oils are discussed.

4



A SMART DIET Wellbeing and food are related: a nutritional deficit can cause the body stress and illness. However, eating a balanced diet with foods that **help fight illness** can help relieve symptoms and **strengthen the body's immunity system**.

This section provides practical tips concerning the importance of a balanced diet and the **health benefits of specific foods**, based on the research of medical professionals specializing in natural nutrition. The guidelines explain the nutritional content of foods with emphasis on the importance of a **nutrient rich diet** to maintain a balanced and healthy physical and mental state.