



# Herbs: The Magic Healers

*Paul Twitchell*

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"Health and happiness means to be rid of fatigue and disease. To have a good appetite, good memory, good humor, and precision in thought and action. To be free from anxiety and fear. To have a great capacity for survival over illness and anxieties. To have joy, long life, and great spiritual adventures."

Since ancient times herbs have been used by medical practitioners and spiritual adepts alike to soothe the anguish of body and soul. Among the proponents of such natural organic foods were the great Masters of Eckankar, perhaps the first spiritual masters to recognize that healthy bodies aided the concentration necessary to reach God-Realization.

Paul Twitchell, modern-day founder of the ancient teachings of Eckankar, tells you all you need to know about herbs - their history, their curative powers, their legendary "magic." This writing is not confined to plants and their usage alone, however, for Twitchell reveals a vast amount of knowledge on a variety of subjects that relate, directly or indirectly, to the well-being of the individual...

- key to longevity
- psychic dangers of drug abuse
- ideas to improve emotional and mental health
- spiritual healing through out-of-body movement
- various body types according to zodiacal signs
- health secrets of the lost continent of Atlantis
- mysterious brotherhood of the God-eaters
- and much more

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Playing with family in the park, coming to see the ocean world or hanging out with good friends is thing that usually you could have done when you have spare time, then why you don't try point that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Herbs: The Magic Healers, you may enjoy both. It is good combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't understand it, oh come on its called reading friends.

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