



Tissue Salts for Healthy Living

By Margaret Roberts

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Tissue Salts for Healthy Living By Margaret Roberts

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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Tissue Salts for Healthy Living By Margaret Roberts Bibliography

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Editorial Review

About the Author

Margaret Roberts is a household name in South Africa, having made her mark in the world of health and gardening. She pursues her passion for all things natural that can uplift, heal and inspire, by creating gardens, teaching about the wonders of herbs and developing medicinal and nutritional plants at her Herbal Centre. She has published many books and articles on how to ensure good health naturally.

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