



NATURAL REMEDIES

AN A-Z OF CURES FOR
HEALTH AND WELLBEING



Natural Remedies

By Mim Beim

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NATURAL REMEDIES

An A-Z of cures for health and wellbeing

Many of us rely on western medicine as a quick fix for almost any condition, yet we often don't think about the potential side effects these toxic drugs can potentially have on our bodies.

As one of Australia's most respected and prolific naturopaths, Mim Beim believes in using natural remedies instead of pharmaceutical medicine wherever possible, and says that many natural alternatives are literally available in our backyards!

In her new book, *Natural Remedies: An A-Z of cures for health and wellbeing* (Rockpool Publishing, \$29.99), Mim provides readers with a comprehensive, practical and easy-to-use reference to assist with over 200 common ailments, including the common cold, burns, arthritis, premenstrual tension, infertility and menopause.

There are also strategies for losing weight, boosting the immune system, increasing energy levels and dealing with stress. Each condition is listed alphabetically clearly identifying symptoms, causes and the suggested natural cures. And best of all, many of these natural remedies are found in the family home and in our backyards.

Filled with practical, holistic advice, *Mim Beim's Natural Remedies: An A-Z of cures for health and wellbeing* is a must-have resource for all Australian homes.

Additional Information

- Mim Beim is Australia's authoritative naturopathy expert
- Provides natural alternatives for over 200 common ailments
- A fantastic household, workplace & sporting club resource
- Remedies assist with prevention as well as existing conditions
- Prolific author is credible and excellent media talent
- Text extracts are available upon request

About the Author

Mim Beim has been practising as a naturopath for over twenty five years. Her experience has made her a firm believer in making changes to lifestyle and diet before any kind of medicine and believes that treatment should be enjoyable, not torturous. Mim is the author of eight books and is a lecturer at the Australasian College of Natural Therapies. She currently writes a naturopathy column for News Limited's Body + Soul and has featured prominently in media, including starring in the Foxtel TV series, LifeForce. Consulting clients include Liptons, Nokia and Big Brother. She has also created a range of therapeutic (and delicious) herbal teas called Beaming with Health. Mim is based in Kangaroo Valley, NSW.

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