



Herbs of Grace: Becoming Independently Healthy

Farida Sharan ND

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A guide to evolutionary self healing. Herbs of Grace - Becoming Independently Healthy is a guide to a complete system of natural medicine, exploring physical, emotional, mental and spiritual realities of health and healing. Offering practical instruction with chapters on herbal medicine, nutrition, iridology, the elements of life, as well as naturopathy treatments blended with the philosophy of purification, regeneration and transformation, the reader is guided toward creative inspiration for a unique healing journey to become independently healthy. The author shares her own natural self-healing journey from breast cancer to her life work as a natural physician, author, educator and mystic explorer.

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