



# Honoring the Medicine: The Essential Guide to Native American Healing

*Ken Cohen*

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## **Honoring the Medicine: The Essential Guide to Native American Healing** Ken Cohen

For thousands of years, Native medicine was the *only* medicine on the North American continent. It is America's original holistic medicine, a powerful means of healing the body, balancing the emotions, and renewing the spirit. Medicine men and women prescribe prayers, dances, songs, herbal mixtures, counseling, and many other remedies that help not only the individual but the family and the community as well. The goal of healing is both wellness and wisdom.

Written by a master of alternative healing practices, *Honoring the Medicine* gathers together an unparalleled abundance of information about every aspect of Native American medicine and a healing philosophy that connects each of us with the whole web of life—people, plants, animals, the earth. Inside you will discover

- The power of the Four Winds—the psychological and spiritual qualities that contribute to harmony and health
- Native American Values—including wisdom from the Wolf and the importance of commitment and cooperation
- The Vision Quest—searching for the Great Spirit's guidance and life's true purpose
- Moontime rituals—traditional practices that may be observed by women during menstruation
- Massage techniques, energy therapies, and the need for touch
- The benefits of ancient purification ceremonies, such as the Sweat Lodge
- Tips on finding and gathering healing plants—the wonders of herbs
- The purpose of smudging, fasting, and chanting—and how science confirms their effectiveness

Complete with true stories of miraculous healing, this unique book will benefit everyone who is committed to improving his or her quality of life. “If you have the courage to look within and without,” Kenneth Cohen tells us, “you may find that you also have an indigenous soul.”

*From the Hardcover edition.*

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The actual book Honoring the Medicine: The Essential Guide to Native American Healing will bring that you the new experience of reading a new book. The author style to describe the idea is very unique. When you try to find new book you just read, this book very ideal to you. The book Honoring the Medicine: The Essential Guide to Native American Healing is much recommended to you to read. You can also get the e-book from your official web site, so you can more easily to read the book.

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The reason? Because this Honoring the Medicine: The Essential Guide to Native American Healing is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will jolt you with the secret that inside. Reading this book close to it was fantastic author who also write the book in such amazing way makes the content interior easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of rewards than the other book have got such as help improving your expertise and your critical thinking technique. So , still want to delay having that book? If I ended up you I will go to the book store hurriedly.

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In this period of time globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The book that recommended to you personally is Honoring the Medicine: The Essential Guide to Native American Healing this guide consist a lot of the information in the condition of this world now. This book was represented how can the world has grown up. The words styles that writer require to explain it is easy to understand. The particular writer made some investigation when he makes this book. That is why this book acceptable all of you.

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A lot of people said that they feel bored when they reading a guide. They are directly felt it when they get a half portions of the book. You can choose the actual book Honoring the Medicine: The Essential Guide to Native American Healing to make your own reading is interesting. Your personal skill of reading skill is developing when you just like reading. Try to choose straightforward book to make you enjoy to see it and mingle the sensation about book and looking at especially. It is to be initial opinion for you to like to open up a book and study it. Beside that the reserve Honoring the Medicine: The Essential Guide to Native American Healing can to be your brand new friend when you're truly feel alone and confuse in doing what must you're doing of this time.

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