



Prehistoric Herbal Medicine - Learn The Hidden Benefits Of 10 Prehistoric Ancient Herbs That Have Been Used For Centuries To Heal Your Self Naturally ... medicine, herbal remedies, herbs, Book 8)

Carmen Mckenzie

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The idea of prehistoric medicine is a thought provoking subject. What kinds of plants did people, before modern medicine was around to lean on, use to cure themselves and fight through illness? While it is true that our lifespan on average has increased over the years with newly emerging technology, the fact remains that there are some times nature's cures may be a lot more beneficial to us.

Because of the time that prehistoric medicine came about, this means that a lot of cures would be considered today to hold mystical and superstitious properties. It is difficult for many scientists to accept and further research older healing theories, even if they seemed to work at the time. They may credit this fact with the placebo effect, and the rest of it with some minor benefits natural foods and minerals may have on the body.

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Prehistoric medicine predates the written word, and so it is often difficult to know for sure what was used to cure illness and how. However, there are some clues provided to us through archaeology and historical texts like the Bible about what people had used so long ago to treat their ailments. Prehistoric medicine may have its perks, but the fact remains that much of it is not scientifically grounded.

For some cures to work, the presence of a spiritual medicine person was often required, a shaman of sorts, who was willing to step outside a normal plane of consciousness to fight illness in unconventional ways. Rituals were performed and different types of plants were administered to treat these issues. While it may not have any scientific backing, these rituals worked well enough for these prehistoric cultures that they were continued.

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Those types of prehistoric medicinal practices won't be further explored or encouraged, as they are lost to time and we can't be sure of their implications or results. However, there are ways that the logic of prehistoric peoples was sound, and the herbal medicine they practiced does have its own merit. This book aims to explore these aspects of herbal medicine thoroughly to provide readers with unique and reliable natural cures to modern day ailments.

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