

Based on the inspiring
SELF-HEALING
principle: The human
body has its own strength
and resilience in illness,
but should be a "WILD
WOMAN" with various
treatments as much as
possible. Contact us to
find out more about self-
healing, self-recovery
and eradication. Just

refer to the website, you will find a lot of information about us.

Many medics and naturopaths agree that the medical system is too violent and invasive, it's often time-consuming and expensive. We need to find other ways to help patients, prevent and cure diseases. Especially for the young, Self-Healing doesn't mean

you don't seek help from the medical department.

However, it's more important to accept the disease as it occurs, keep a healthy lifestyle, and apply alternative treatments (such as acupuncture, moxibustion, reiki, homeopathy, etc.). You should also pay attention to the treatment program, try to meet

other people, get out of the house and into the fresh air as much as possible. The best cure for disease is to prevent them from happening in the first place. I recommend the following herbs for general health:

Wild ginseng root

Ginseng is often called the "cure-all" herb in Chinese medicine.

However, it's not a cure-

all, but rather provides many health benefits, but these vary depending on the type, how it is processed, and how it is used. Ginseng berries possess strong antioxidant effects, anti-inflammatory properties, good effects on the digestive system and central nervous system, and an improved immune system. Wild ginseng is

said to be effective for alleviating anxiety, depression and hypertension, and for improving brain function in the elderly. Dong quai root Dong quai root is one of the most commonly used herbs for general health in Chinese and Korean medicine. It is also called 'silver needle' because it looks like a tiny needle. This

root can help relieve cramps, irritable bowels, PMS and stress. Rosa damascena flower Rose is a powerful traditional remedy. It has been used for thousands of years in China for its anti-inflammatory and anti-

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