



# Rainforest Home Remedies: The Maya Way to Heal you Body and Replenish Your Soul

*Rosita Arvigo, Nadine Epstein*

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Rainforest Healing from Your Home and Garden

- Find alternatives to chemical anti-depressants and painkillers in your spice rack.
- Learn about natural anti-itch salves for insect bites.
- Soothe and relieve envy, grief, sadness, and fear the Maya way.
- Rid your house of negative energy with a Maya cleansing ritual.
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