

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 times when 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. Why should you listen to this book? 1. Its short and informative, with no fluff. 2. This book is straightforward and gets to the point. 3. It has a great concept. 4. Learn what you need to know fast. 5. Don't waste hours listening to something that won't benefit you. 6. Specifically recorded to help and benefit the listener. 7. The best compact guide to learn what you need to know. 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 used so long ago.

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