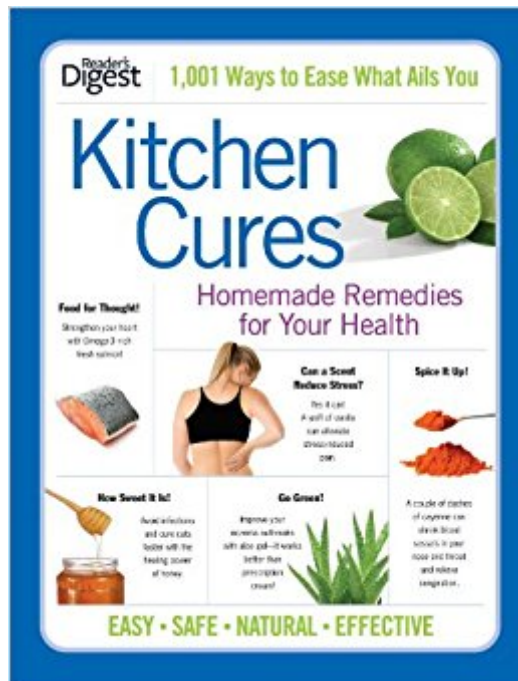


The book was found

Kitchen Cures: Homemade Remedies For Your Health



Synopsis

Did you know that home remedies often rival or even exceed the healing power of drugstore medicines? The proof is in: Recent studies have shown that aloe gel improves psoriasis better than prescription cream; walnuts and canned fish lower cholesterol levels; green tea can help you lose weight; and more. Kitchen Cures brings the proven remedies of yesteryear into the homes of today! New research is revealing the most effective ways to use ginger, lemon, spices, olive oil, and hundreds of other timeless kitchen staples for health and healing, much as our grandparents once did. And it's all gathered here in one comprehensive, practical guide. Inside, you'll find: An A-to-Z guide to the natural medicines on your kitchen shelves- including aloe, baking soda, and wheat germ The 31 most useful kitchen pantry healers-oatmeal, cinnamon, red wine and honey all make the list How to use kitchen staples to look and feel great-improve your memory, boost your energy level, and bolster your immunity Smart ways to ease what ails you-solutions for asthma, eczema, the flu, and depression This book is your comprehensive guide to natural healing at home. Here are more than 1,000 remedies for the most common health ailments and conditions. Save money, save time, and heal faster and safer. This book shows you everything you need to know to be a savvy home healer.

Book Information

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Customer Reviews

I was at a bookstore looking for an aromatherapy guide when I found this book. On a much broader level, it takes your basic spices/herbs that you have at home, plus some added recipes using

essential oils, and you have a guide to help you through life's little sicknesses (and possibly prevent them from becoming serious illnesses). Beautifully laid out, attractive photos, with easy to follow sections, it gives documented facts from studies at universities and hospitals on why a treatment helps. Another section talks about specific illnesses (arthritis, back pain allergies, blisters etc) with more than one treatment to try. Little asides, such as "good to know" tips on how to maximize results, minimize overdoing it, plus "when to call the doctor" suggestions make it seem like a seasoned health care professional is always at your side. Bought this book at the bookstore, and now am ordering 2 copies on for friends. Confused by complicated aromatherapy; this book is much more practical.

A terrific handbook for students or anybody living away from their community of help, this book is packed with the kind of hints a wise and knowledgeable Mom would share. The remedies are simple, safe, and very effective, and the authors provide clear guidelines for when to visit a doctor instead of attempting home cures. I gave it to both my young adult kids and kept a copy for myself, which I use surprisingly often.

Love this book I use it all the time

Came in good condition.

A fun book to pick up and browse. I definitely will be trying a few of these tips. I liked the book so much that I have given four as gifts.

I have read many "cure" books...but this one is the greatest ever.....very easy to read and you will have most of the "cures" in your pantry.....

Really easy to understand. Great remedies. I bought this copy for a coworker..she liked it! :)

Great Book.

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